

TUESDAY
March 14
2000

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Damage could have been worse given amount of water from beaver dams

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Cry wolf

Workshop participants don't all agree on health of Algonquin wolf population

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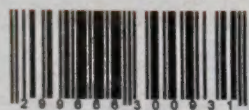
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The Haliburton County

ECHO

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LEN PIZEY/Echo

Spring in the air:

Unseasonably warm weather brought an early start to some of the traditional signs of spring: melting ice, maple syrup, and the appearance of skipping ropes. Robbie Balaski, left, and Katlyn Hollands were having lots of fun skipping together last Thursday during morning recess at Stuart Baker Elementary School in Haliburton.

Busing costs soar with gas prices

LEN PIZEY

Publisher

Soaring fuel costs that have left consumers reeling and spawned trucker protests are also extracting a heavy toll from the local board of education.

Rising prices at the pumps have triggered

a fuel price escalator clause in the board's contract with bus operators that could add as much as \$300,000 to the \$11.5-million cost of transporting students in the Trillium Lakelands District School Board.

The unbudgeted extra payments to bus

See **Board** page 4

Dry winter prompts water level concerns

STEVE GALEA

Special to The Echo

Will Haliburton and the rest of Ontario be plagued by low water levels again?

With water in the Trent-Severn system at 53% of normal levels, Bruce Kitchen says there's plenty of cause for concern. Typically, each lake in the system tops out at 95% of capacity.

Kitchen, a Trent-Severn water control engineer, says that though we are a bit ahead of seasonal levels, this is due primarily to an early melt.

"The melt off is all but over now. We are past the flooding stage from snow... A good melt off is important, as the effect on spring time water levels are easier to predict. Depending on rain is dicey."

Normally, water is drawn from Haliburton lakes by mid-June to support the Trent-Severn system. However, Kitchen says "if this weather pattern continues, we will have low water levels going into summer. It might be even worse than last year. We might have to draw water earlier than usual."

Kitchen explained that a short dry winter and a seemingly early spring provide drought-like conditions. Good rainfalls are needed to turn the situation around.

He added that the last good melt off was after the disastrous 1998 ice storm.

But for the previous two years, many Haliburton residents have had to deal with dry wells, poor growing conditions, and dry watering holes for livestock. Recreationally, cottage shorelines were abnormally low, camp fire bans were in effect, and boating and marinas were affected.

Low water levels and poor flows impact aquatic life as well. Last year, Great Lake water levels were several feet below normal and spawning activities of many species of fish were curtailed. In southwestern Ontario and along Georgian Bay, several important stream beds dried up entirely. Fish trapped in pools were easy prey for predators. Aquatic insect populations, criti-

See **Fish** page 4

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Robins and mosquitoes (!!??) return

IT MAY ONLY BE the middle of March but the past week witnessed two events which signal spring has arrived: Dorothy Jean Connors of Haliburton spotted three robins early in the week and Mike Wood rode his motorcycle to work in Bancroft for the first time in 2000. While we rejoice in the news, we have to ask: does this mean the blackflies will come early, too? Here at The Echo, we're trying to convince ourselves that the insect we swatted at wasn't a mosquito.

Modern technology and a lot of hard work mean it's still like the dead of winter at Sir Sam's Ski Area in Eagle Lake. Staff have been making a good base of snow even better with snow-making machines and the hills are open throughout the March Break. Reports last week indicate it was terrific skiing. When it comes to outdoor "winter" events this March Break, Sir Sam's is one of the few games in town.

Don't forget that Friday at 5 is our deadline for the When Will the Ice Melt on Head Lake Contest. Send us the date and time you predict the last cube of ice will melt to The Echo, Box 360, Haliburton, Ont. K0M 1S0, fax 457-3275 or e-mail echo@halhinet.on.ca.

Trent University in Peterborough welcomes potential students to an open house on March 16 starting at 10 a.m. Buses will leave Wenjack Theatre to tour the downtown colleges. On March 23, the Oshawa campus holds

a separate open house from 4 to 7 p.m.. For more information on either event, call 1-888-739-8885 or e-mail liaison@trentu.ca.

Peterborough's Symphony Orchestra presents music by Honegger, Shostakovich and Wren on March 19 at 7:30 p.m. at the Market Hall Performing Arts Centre, 336 George Street. For details call 705-742-1992.

The "Name That Lab" contest doesn't refer to a Labrador dog. Instead, it's the newest project of Community Health Services Foundation. It wants the community's help in naming the new heart catheter lab being built at the Peterborough Regional Health Centre. Please

here & there —news and events worth noting

send your ideas to the Name That Lab contest, c/o the Foundation, Box 814, Peterborough, Ont., K9J 7A2. Entries must be received by March 29 and the winners will receive a personal tour of the lab from campaign chairpeople Linda Whetung and David Smith. The Foundation has already donated \$963,000 to the project, which is expected to open this June. For more information call 705-743-6765.

On March 26 at 2 p.m., the Duke Trio will be at the Frost Theatre, Sir Sandford Fleming College in Lindsay. Tickets for the concert by Mark Fewer, violin, Thomas Wiebe, cello and Peter Longworth, piano are available at the door or by calling 705-328-0587.

Stanhope's fire chief gets to the bottom of privy fire

MARTHA PERKINS

Editor

You can have careless smoking in a privy, Stanhope's fire department has discovered.

A few weeks ago, the department was called to an

outhouse fire on Beech Lake, Chief John Hogg reported at last week's council meeting.

Although no courses are offered in determining the cause of such fires, Hogg has been able to deduce that if a midnight visitor casually concludes his time in repose by throwing a cigarette down the hole of an outhouse which hasn't been used for a few years, deep down in the pit, combustion happens.

Referring to the joke that fire departments sometimes arrive on the scene just in time to save a structure's basement, Hogg told council "there's no basement to a privy so we couldn't save it."

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Tuesday, March 14, 2000
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echo news this week



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Log chute restoration needs money to get money

MARTHA PERKINS

Editor

The federal agency responsible for granting millennium project funding won't take a serious look at Stanhope's application for the Hawk Lake log chute restoration project until more private or municipal funding has been secured.

The total cost of restoring and preserving the only remaining log chute in Ontario is \$175,000.

Carol Moffatt, the driving force behind the project, has already raised \$28,750 but the Canadian Millennium Partnership Program says she needs an additional \$16,000 for the application to get to the next stage of the approval process.

At Wednesday's Stanhope council meeting, Moffatt was granted her request of a \$5,000 donation.

"It would be a shame having got this far to lose it for a few dollars," Reeve Eleanor Harrison told Moffatt.

The county is being asked for \$10,000 and Moffatt has secured another \$1,135 in monetary donations and \$3,000 in "in kind" donations.

If the millennium application is approved, the federal government will pay for one-third of the costs. That would leave approximately another third to be raised. While Moffatt is confident that corporate donations are available, finding the right corporation will be a challenge. For instance, the major timber companies donate millions of dollars, but most of the money goes to bursaries in communities where they have mills.

If the federal application isn't successful, Moffatt says the fundraising campaign will go into high gear to raise the entire amount.

The chute, one of the principal scenic attractions in the Highlands, was used to get logs from the forests to the mills down the lake chain from the 1880s to the 1930s.

Also in the works is an interpretive shelter and improvements to the picnic area.



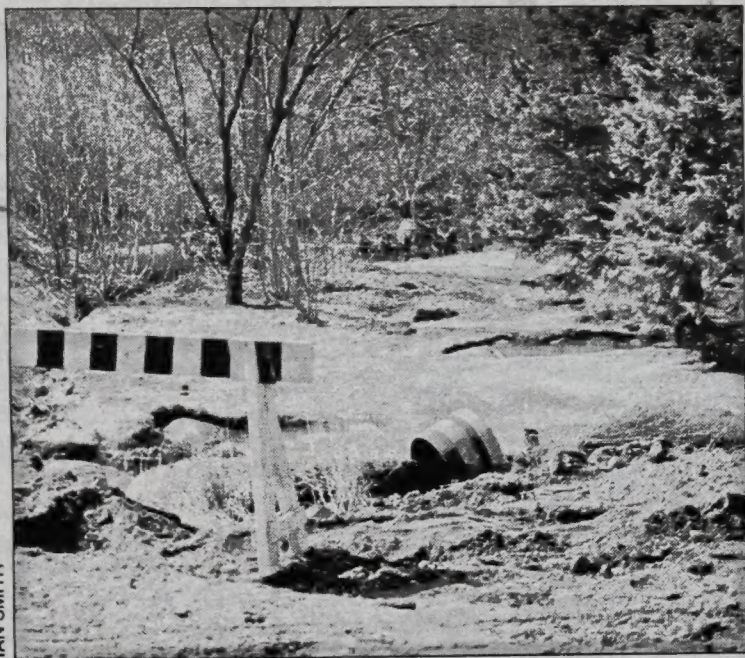
MARTHA PERKINS/echo

Shrove Tuesday tradition

Volunteer Shirley Hodgson pours maple syrup onto Diana Johnson's pancakes at St. George's Anglican Church's Shrove Tuesday pancake dinner at the Haliburton Legion. The annual event is one of the most popular in the county, needed 95 volunteers to make it all work. There were 402 patrons, which meant that more than 1,200 pancakes had to be flipped.

Minden flood

Water from burst beaver dams surges through village



IAN SMITH

The flood damaged roads and filled basements, but after effects could have been worse, roads superintendent says.

IAN SMITH

Special to The Echo

At around 10 pm Friday night, a wall of water came crashing across South Lake Road, washing away a portion of a driveway, and then gushing through the culvert under Highway 35 in Minden. It then flowed into the area of Prince Street, South Water Street and St Germaine Street.

The roads and many homes were quickly flooded, and when the water finally stopped moving it began to freeze.

The flood was caused when a series of beaver dams burst in the South Lake area of Snowdon.

Anson, Hindon and Minden roads superintendent Clayton Cameron says some damage was done to the road shoulder

and the sidewalk on Prince St., but "for the amount of water that came down we had minimal damage".

According to one fireman who was pumping water out of residences on Saturday morning, there was at least two feet of water in many basements. At one home 2,500 gallons had already been pumped out, and there was at least another 2,500 gallons left. Also the Liquor Store had some water damage and the fire hall took on 6-8 inches of water.

The fire department got a call about the flooding at 11:15 Friday night. Then at 9:48 Saturday morning they were called out to a house fire at Bob Lake, but the building was fully engulfed by the time fire crews arrived. There was no one staying in the home at the time.

Anson, Hindon and Minden and union agree to first contract

A first contract between Anson, Hindon and Minden and its inside and outside workers is simply waiting for a final draft to be signed before being implemented.

The contract between the municipality and its workers, who last year voted to join CUPE, was ratified February 22 following day-long negotiations with a conciliator.

"I believe both sides moved in a meaningful way towards reconciliation and there's a good level of confidence that we can move forward and do the work of the community," Reeve

Jeanne Anthon says.

Details will be available once the final agreement has been signed.

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Ontario

County Official Plan

Septic systems seen as the key to proper development

MARTHA PERKINS

Editor

It all comes back to septic systems.

As the county explores what it would like to see in its first Official Plan, the conversation always goes down the toilet, literally.

If there's a 50-year-old holding tank leaching pollutants into a lake, does that mean a landowner with a vacant lot next door shouldn't be allowed to build because the lake can't handle any more pollutants?

Is it the responsibility of every vacant lot owner to pay the costs of a lake capacity study while existing property owners can't be forced to upgrade a substandard system?

If a cottager decides to retire to the Highlands, is there any way they can be forced, if necessary, to upgrade their septic system to handle the increased

usage?

These were some of the questions raised at Friday's meeting about settlement patterns – questions that were also raised a month earlier at the meeting about environmental safeguards.

"New development isn't as much of a problem as existing shoreline cottages with substandard septic systems," said James Moore, chief building official for Stanhope and Sherborne et al, in the discussion about where new growth should be and shouldn't be allowed.

"The lake is indifferent to whether development is new or old," says Huron County planner Gary Davidson, who's been hired to oversee development of the Haliburton County plan. "In the absence of guidelines, people call for development freezes yet in many cases it's the older places causing the problems."

He asked the 30 or so people

in attendance how they plan for development of a lake which has a finite capacity which may change over the years, both up and down?

Dysart et al planner Pat Martin said many jurisdictions measure lake capacity based on water quality only, but there are many other parameters which can be used. Bio-physical concerns, such as steep slopes and wetlands, and boat traffic are also important.

Others raised the issue about whether it's possible to use usage as a determinant. Do you take into consideration a cottage is only used a few months a year? What do you do if that cottage gets turned into a home?

"What's part-time, what's seasonal, what's full-time and how do you identify them," asked Dave Burford, pointing out obstacles to the this approach.

Another issue was what to do if someone wants to add on to a building which was built close to shore prior to the setback rules. At present, the rule is that the addition cannot make the encroachment worse, but what's to stop someone from building a two-storey addition on an old property right on the lake?

"The best way to deal with development of a lake is to make sure that everyone does things properly," said Curry Bishop.

Some of the suggestions were:

- demand that septic systems be inspected every 10 years and force any required improvements to be made
- start inspections of cottages or homes that were built 50 years ago, and then work your way up the decades
- force an inspection every time a property changes hands



MARTHA PERKINS/Echo

Dysart et al planner Pat Martin says lake capacity is dependent on more than water quality.

- force an inspection, as Dysart does, when a building permit is applied for
- have random monitoring

Everyone agreed that septic systems should be designed to accommodate year-round, full-time use of a property, which is the health unit's guideline for approvals.

Darrell Selsky of Horseshoe Lake said that if policies are in place, how will they be enforced, and who will do it? "You'd need the resources."

Stephen Foster asked whether setback requirements should be consistent across the county but Davidson said this could run into difficulties. An Official Plan cannot state preferences, it has to state policies and those policies must be consistent with what's at the local level.

For instance, a county OP can't say that the county prefers a 150' setback from the high water mark if a municipality's setback is only 100' because this leaves the municipality open to a legal challenge.

"The easiest plan in the world is one that has one word – no," Davidson said. "The hardest plan is one that says maybe."

Settlement patterns also come into play when determining which services people can expect. In many municipalities, rural zoning does not allow construction of a house which is not serviced by a year-round road. Dysart will not issue a certificate of occupancy on a property that's being converted if it's not on a year-round road.

However, "if someone moves in, you can't force them to leave," Martin said. As well, case law says "you can't control (how much of the year) someone is living there" even if it's zoned seasonal. You can, however, control services.

Over the next few months, Davidson and fellow planner Steve Janes will draft a plan. County council wants to take a broad brush approach with the understanding that many of the finer details will be taken care of at the municipal level.



MARTHA PERKINS/Echo

Planners Gary Davidson and Steve Janes will now prepare a draft plan to be presented at public meetings this summer.

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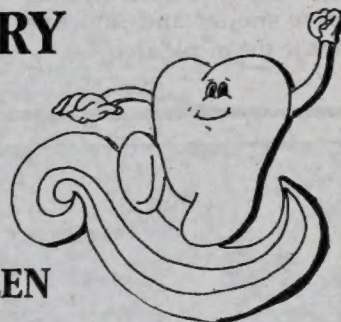
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Board will have to find money for gas from other budgets

from page 1

operators will result in a deficit for the current year unless the board can find the money from cutbacks of other planned expenditures.

Jim Bradley, assistant superintendent of business for the board, said Friday that based on a recent sampling of fuel prices throughout the board district, the board will have to pay an extra \$250,000 to \$300,000 to bus operators at the end of the current contract in July.

"We didn't budget that much for an escalator," Bradley said, adding that finding the money will be difficult "when we're already in a shortfall in our transportation funding" from the province.

"I think we'll have to go back to other sources, and who knows what they'll be... We could have to take it

from plant (building maintenance and repairs).

"It could come out of savings, or generate a deficit."

The escalator clause is based on an agreed cost formula between the board and bus operators. It is triggered when the average fuel cost across the district rises or falls by more than three cents a litre. Both sides absorb the first three cent increase or decline. It is calculated monthly and paid once a year.

Because fuel prices have been relatively stable in the recent past, and seasonal spikes have usually been balanced by equally rapid declines, the board has not had to pay out a significant sum to operators, nor have they had to refund the board much money. But with diesel and gasoline prices up at least 20 cents a litre from several months ago, and predictions of even higher prices to come, at least in the short term, the board is facing a substantial cost overrun for transportation.

The impact of higher prices is keenly felt because the

board uses more than 300 school buses on routes that total 45,000 kilometres a day, or about 8.5 million kilometres a year.

One area of potential savings the board is unlikely to consider is lengthening the distance a student can be required to walk before busing is provided.

"Our walking policies are pretty hard now," Bradley said.

The current transportation contract expires in August, and operating costs could be an issue for both sides when negotiations on a new contract get underway. As well, the operators may want the board to pay escalator supplements more frequently than the once a year provision in the current contract.

So far there has been no indication from the province that it will provide additional funds to help school boards meet higher transportation costs resulting from fuel price inflation.

Fish also affected by lake levels

from page 1

cal to trout, were wiped out completely in some of these Great Lakes tributaries as well. Whole runs of migratory trout were decimated.

Dan Smith, a Ministry of Natural Resources enforcement supervisor, says a spin off to low water levels comes in added fire enforcement and the monitoring of vulnerable spawning fish. These fish, in low water, are more susceptible to poachers. "It's a matter of baby sitting," he says.

Environment Canada's long term March to May seasonal forecast suggests some relief is on the way with above-average precipitation predicted for this spring.

Kitchen was cautiously optimistic. "If this is the case, that will be good news. Last year the rainfall of the first week of July added a full 20% to our water levels."

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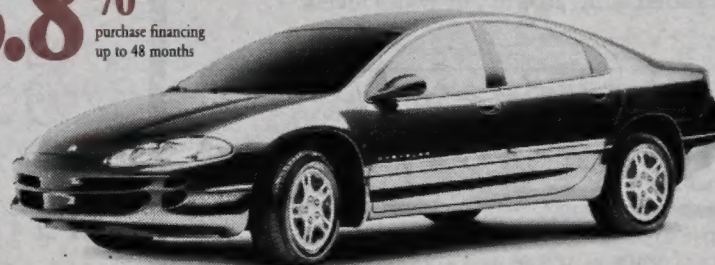
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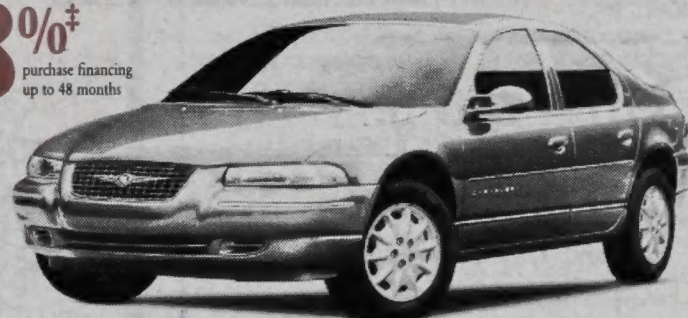
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After writing off winter, many businesses' hopes turn to a busy summer

IAN SMITH

Special to The Echo

The lack of snow this past winter limited snow-related activities to only a few weeks and spoiled some winter events, causing many local businesses to suffer by the lack of winter visitors.

But it seems that summer may come early and give a much needed infusion of business to the area.

"Plenty of people are going to come out of this season hurting," says Haliburton Highlands Chamber of Commerce manager Peter Rigby, but he also expressed hope that a quick start to summer will make up for the poor winter. Some lodges are getting bookings are a little ahead than last year.

"If we end up with weather conditions like we've had the last couple of summers," Rigby says, "I would think we will end up with a pretty good season."

The Chamber still gets calls from people outside the area, mostly from the United States, asking about snow conditions.

The Chamber recently had a booth at the London Boat and Cottage Show, where the number of inquiries were very good, and almost 1,300 destination guides were handed out.

Rigby says in industrial areas such as Toronto, Hamilton, London, and Niagara there is increased optimism about the

economy, and "people are starting to have more disposable income", which means they will be interested in having time for leisure activities.

Steve Berry of the Haliburton County Snowmobile Association said there were the usual expenses of preparing the trails and signage, but a small amount of money was saved because they only groomed the trail about half the number of times they would normally.

He says the association is interested in making use of the trail year round, and is already working very closely with the Haliburton Highlands Tours and Trails Network, preparing the bridges so horses can cross.

One area business was able to make its own snow and keep it despite fluctuating temperatures. "Our customers are showing up and they're in awe," said Bob Bishop of Sir Sam's Ski Area.

There has been enough snow that they've only closed two of 12 runs. "The difficulty is to convince the world of that," Bishop says.

Weather watcher Phil Graham says this winter has been "a bit warmer - you can notice on the averages all the time."

He adds that there used to be a difference of about five degrees between here and Toronto, but over the past few years the difference is only about one degree. We had more precipitation this February than last year.

Minden says finding a way to secure funding for new heli-pad is of prime importance for area

MARTHA PERKINS

Editor

The following are brief reports of the March 9 meeting of Anson, Hindon and Minden council.

Perhaps a local service club could help raise money to build a new heli-pad at the Hyland Crest site, Reeve Jeanne Anthon suggested after a presentation by Dale Walker and Jack Brezina of the Haliburton Highlands Health Services Foundation.

The capital expansion budget does not include money to build a new heli-pad at Hyland Crest, which will be the new home of the village's emergency department once construction is complete this summer. However, there is space at the site which should be appropriate for the emergency helicopter to land, Brezina said. Approval is complicated because there are three separate government ministries involved.

Until a new heli-pad is built, emergency crews will continue to fly patients out of the old Minden Hospital site.

"It would be dangerous not to have a heli-pad in the village," said Deputy-Reeve Gerry Rome.

Anthon agreed, saying that the heli-pad would further secure emergency services in the village. She wondered if

service clubs could be asked to raise money for the project.

Meanwhile, Hyland Crest residents should begin moving into their new rooms in mid-April.

"It looks beautiful," Walker said of the expansion project.

The recent insertion of donation requests in various tax bills as already netted \$12,000, with an average donation of \$60, she said. Northern municipalities in Victoria and Peterborough Counties have made financial contributions as well as agreeing to include the tax bill insert.

Brezina said it's important to remind people that the \$450,000 raised in the previous fundraising project a decade ago was invested and the resulting \$700,000 has already been handed over to the Foundation.

Well problems

When the Ministry of Transportation expropriated some residential property fronting Hwy. 35 to accommodate its highway improvements, it had to dig a new well for the property owner. The water from that well is not good, however, and the MTO is paying to provide the landowner with bottled water.

To prevent such costs, the MTO has asked council to run a service line from the water main to this property. Physically, this is easily done.

The problem is the residence is in Lutterworth Township and there is therefore no way for council to charge for water usage.

If MTO was willing to wait nine months, there'd be no jurisdictional problems because Minden, Lutterworth and Snowdon will be one municipality on January 1, 2001. But roads/public works supervisor Clayton Cameron says the MTO wants it done soon.

There was some discussion as to whether council should extend the main line a few hundred metres while construction is underway. After the conversation went back and forth, Councillor Daryl Moore said "I think we should just deal with what we're being asked."

Council approved the request in principal but will seek legal advice about the wording of an agreement with Lutterworth to allow Lutterworth to collect the water fees.

Road naming

Professional cartographer Stephen Foster has been hired to oversee the municipality's road naming project. The cost will be between \$3,000 and \$4,000. Foster, who's also been hired by Dysart et al and the county, is a Highlands cottager who has worked extensively on the county's database committee.

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Don't let project go down the chute

The following letter was written by Echo editor Martha Perkins last October in support of the Hawk River Log Chute Restoration Project's millennium funding application.

AS AN EDITOR of a community newspaper, I travel often throughout Haliburton County. I am repeatedly dismayed by the scarcity of historical buildings and artifacts and realize what a huge gap this creates in the understanding and appreciation of our past.

The log chute is a vital reminder of the importance of the logging industry in our past, as well as our present. Without logging, the early settlers who thought they could farm this poor soil would have been even more destitute. As the traditional "hewers of wood" they needed a way of transporting our only raw resource to southern markets, and the log chute was one of the few ways to do that.

echo

editorial

martha perkins

In the modern day, tourism and recreation have surpassed logging as our primary industry, and the log chute is a very important part of this aspect of the economy, too. People often need a destination – they like to have an excuse to drive down our pretty scenic roads. The log chute provides them with that perfect excuse. The drive there is beautiful and the sight that greets you at the end of the road is equally picturesque. For countless years, we've featured photographs of the log chute in our *Fall Tour* guide. We and all of our readers would be bereft of a rewarding journey should there be nothing to see but a few pieces of wood in the water and a plaque stating what used to be there. If there's no place to drive to in the Highlands, people will go elsewhere.

Canadians are often accused of not knowing enough about their past or fully appreciating that. By letting such important historical structures such as the log chute fall apart, we would only be continuing that sad legacy. Here at *The Echo*, we applaud the volunteer efforts of the restoration committee and ask that you support them in such a worthwhile endeavour.

This is part of what Tom Ballantine, the director of the Haliburton Highlands Museum, had to say in his letter of support:

The Haliburton Highlands Museum has researched and collected information regarding the logging and lumbering operations in the Haliburton Highlands since its inception. We have myriad archival and photographic resources in our collections and this theme has long been a feature of our interpretive exhibits. Despite our best efforts we have never been able to capture the feeling generated by the immensity of these operations. There is no substitute for being there. This historical site transports the visitor into another era. The water rushing down the chute within the confines of the narrow gorge through which it runs conjures up vivid images of the loggers tending to the drives. History becomes real. I often recommend this site as an attraction that our museum's visitors should seek out.

During my initial visit to the log chute I was amazed at the effort that had gone into the original reconstruction of the structure. It was faithful in every detail. The size of the structure was formidable. I was impressed. Over the years I have watched as nature runs its course. The structure is gradually being reclaimed. A valuable asset is being lost.

I urge you to support the endeavours of this committee.



Spring comes to Head Lake

by Len Pizze

letters to the editor

Managed forests play vital role

To the Editor:

A memo to Monmouth Clerk Sharon Stoughton-Craig and others:

I am one of those so-called "remaining residential landowners who (supposedly) end up paying" for the Managed Forest Tax Incentive Program to the advantage of those big, bad, rich (?) property owners. (Feb. 22 Echo)

These custodians of large forested and agricultural parcels of land are required, by the agreement of the MFTIP, to manage their properties for the benefit of future generations, ie, provide renewable resources (wood products) and refrain from clear-cutting or subdividing their woodlots for short-term gain. It's only common sense that forests are assessed at the same rate as farmlands; after all, trees are just a longer term crop.

So, whenever I drive down the highways and byways of Haliburton or anywhere else in Ontario, enjoying the scenery and admiring the forests, the fall colours, the wildlife or the view of an undeveloped lake, I realize that someone else

is paying for my pleasure. When you hike or ski through someone's bushlot (with permission) or snowmobile down the trail (with your permit and the very kind consent of the landowner), you should appreciate the generosity of the host taxpayer.

I mean really, where would the Trails and Tours Network, Haliburton County Snowmobile Association, Cross Country Ski Club, etc, be without the co-operation and unselfishness of these people, who incidentally, don't owe us a damn thing.

When I arrive at my one acre city-type residential piece of paradise, I try to remember that my meager holdings contribute absolutely nothing to the beauty of the area or to the enjoyment of the people who visit here. With that in mind, I do not whine about or begrudge "tax breaks" to those who deserve them.

Gord Benner

(Over-taxed-but-not-complaining-ratepayer)
Toronto

A trail in my backyard? Workshop helps owners say yes

The Haliburton Highlands Stewardship Council and the PineStone Resort are hosting a one-day workshop about public access to private lands and landowner liability.

The council, from its many connections in the county, recognized that there was a lack of accurate information about this issue. This workshop will address such questions as:

What exactly are landowners worried about and does the existing law protect them?

What should trail users do to ally the concerns of the landowners?

How have the courts interpreted the existing law – does it need changing?

What is happening in other parts of the province?

Is insurance the answer and what is risk management?

What steps need to be taken in Haliburton

County to extend the trail system?

Speakers include: lawyer Greg Mulligan to discuss Case Law; Bill Bowick, president of the Ontario Trails Council; Rick Barnard, an insurance executive; Jim Kalpakis and George Percolides from the Ontario government; Ian Attridge, counsel for Georgian Bay Land Trust; and Peter Schleifenbaum providing the landowner's perspective with the day ending in a moderated panel discussion and question and answer session.

The workshop is Monday, April 3 at PineStone Resort. The cost is \$12 including hot and cold buffet and dessert.

For more information contact: Carolyn Coburn, (705) 286-2484 or ccoburn@halhinet.on.ca; Brent Wootton, (705) 755-2258 or bwootton@trentu.ca; or Steve Wilkins, (613) 332-3940, Ext. 260, steve.wilkins@mnr.gov.on.ca.

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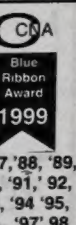


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1987, '88, '89, '90, '91, '92, '93, '94, '95, '96, '97 '98

Thanks

Tremendous support of community makes skating event a hit

To the Editor:

It is a tribute to this community that the Haliburton Figure Skating Club was able to host the 29th Kawartha Highlands Interclub 2000 competition on Sat., March 4 at the Dysart arena. This event saw eight area clubs – Apsley, Bancroft, Bobcaygeon, Fenelon Falls, Lindsay, Minden, Peterborough and Haliburton – compete as teams with more than 140 competitors. The arena was alive with activity and excitement for skaters, their families, officials and judges. The day went so well that consideration is being given to make this an annual event for the Haliburton Club.

The hosting of such a prestigious event by such a small clinic could only be accomplished through the efforts of many volunteers and awesome local community support. This included computer support from Halco, arena staff support for all aspects of the event and the overwhelming generosity of local businesses that sponsored events and ice time. We

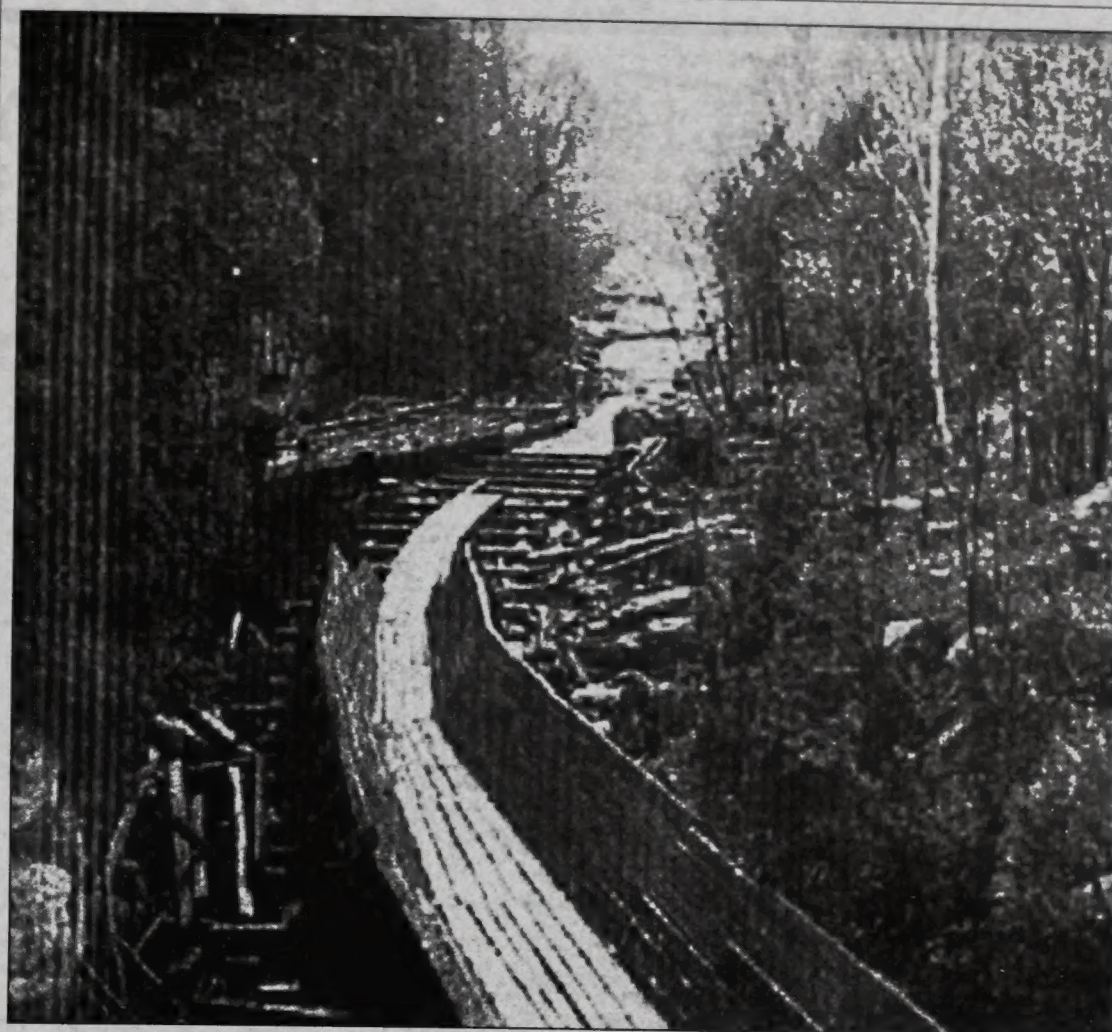
acknowledge that our timing could not have been worse with the time of year and this particular winter. Our skaters felt support throughout the community in undertaking this difficult task.

As a small club, hosting this event was a gigantic undertaking. The community not only supported our own skaters but welcomed those who participated from other clubs and communities. We heard only positive feedback on the friendly, caring atmosphere of Haliburton.

The participation of over 40 local businesses far exceeded our most hopeful expectations. Their support is very much appreciated.

We are indeed proud of our community and its support of our young people. It is our privilege to promote and share in the children's joy in skating. Thanks to all!

Lesley Lumley,
Interclub chair,
and the executive and skaters
of the HFSC



pic of the past

WHEN YOU LOOK THROUGH the collection of photos of the historic Hawk Lake Log Chute which Carol Moffatt has gathered from the National Archives, you begin to realize why she was named Stanhope Citizen of the Year. The photos, which are a fascinating look at a time long past, date back to the turn of the century and show work done on the historic chute, the only one of its kind left in Ontario. This photo was taken during the most recent restoration, circa 1948. Blueprints from this project are being used for the restoration project Moffatt is spearheading. Our thanks to her for sharing this week's Pic of the Past with us.

Chefs' expertise, commitment and dedication contribute to best Feast of Foods ever

To the Editor:

It's now a week after the Feast of Foods fundraising dinner and those who attended the celebration at PineStone on Saturday are still talking about the incredible food they enjoyed.

I've heard nothing but superlatives when the meal is described...one chap told me that he and his wife have attended many dinner functions in Toronto, and that nothing compared to what was created by chefs Chris Carl of the Old Country House, David Snow of Wigamog Inn, Alex McCracken of Sir Sam's Inn, Wayne Ellis of PineStone Resort, Ron Tenthorpy of The Chocolate Moose, Callum Wood of PineStone Resort.

"Thank you" isn't nearly adequate to cover all the time and

expertise the chefs have donated to create such a wonderful evening. The commitment and dedication by these people makes this a very fortunate community. This was the best Feast ever, and obviously it couldn't be done without them.

Haliburton's Fleming college has some truly good and generous friends, and the chefs of Haliburton are among the finest. Thanks to the chefs for making my job as organizer so easy, and creating such a wonderful evening.

Working together, the new campus will be built, and the impact on Haliburton will be everlasting. The chefs are part of the team.

**Janet O'Neil on behalf of
The Friends of Sir Sandford
Fleming College**

letters to the editor

Public meeting on March 27 will set stage for bringing French immersion to Highlands

To the Editor:

Having recently moved to Haliburton County, I was disappointed that my children could not continue their French immersion education. After reading the letter (French immersion may be possible if parents act now) from Michele Bromley, with the positive attitude from the school board about bringing French immersion to the county, I am hoping my children will get a chance to keep up with their French heritage here in the county of Haliburton.

After a brief call with Mrs.

Bromley, I learned that the school board is having an important information meeting on Monday, the 27th, at 7:30 p.m., at JD Hodgson Elementary School in Haliburton to answer all concerns about French immersion.

Giving our children the chance to receive their education in both of Canada's official languages is a tremendous advantage – let's bring French immersion to Haliburton County.

Carole (St-Gelais) Walli,
Minden

your letters

The Echo welcomes Letters to the Editor.

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Column is 'misogynist nonsense'

To the Editor:

Last Wednesday, March 8, was International Women's Day, a day to celebrate the achievements and strengths of women both historically and in the present. Locally, we marked the occasion with a gathering at the Women's Resource Centre, featuring music, poetry, readings, good food, and time to weave our connections and support.

When I had time to read The Echo today, I was disgusted and disappointed in the editorial standards to see the misogynist nonsense that was supposed to be "outdoors humour" in Steve Galea's Outdoorsman column. I would hope that your writers could get past this kneejerk sexism and be able to offer some adult humour in the future.

Claire Sylvan
Haliburton

Boonieville by Charlie Teljeur



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'1,820	'218
'3,000	'185

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'2,380	'248
'4,000	'213

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'3,810	'248
'6,000	'184

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'3,950	'278
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'2,700	'288
'5,000	'218

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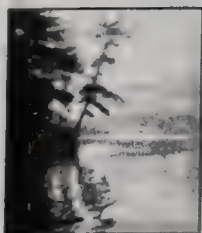


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Tuesday, March 14, 2000
Page 11

echo sports & recreation



Dream of
Glen Dart
tournament
founders' still
lives on

See page 13

Kawartha Interclub 2000

Haliburton skaters shine as they host seven other clubs at Dyart arena

On Saturday, March 4, the Haliburton Figure Skating Club and a hard-working team of volunteers hosted the Kawartha Highlands Interclub 2000.

Teams from Peterborough, Lindsay, Bobcaygeon, Fenelon Falls, Apsley, Bancroft, Minden and Haliburton participated,

with medals going for top team points.

By the end of the day, Haliburton came fourth in beginner team elements, third in junior team elements, fifth in intermediate team elements and fourth in senior team elements.

Minden came second in beginner team elements and fourth in junior team elements.

Peterborough won the top spot in all team levels except for junior, coming in second to Bobcaygeon's first.

The following are the Haliburton and Minden results among the top five in the individual categories:

Canskate Ladies, flight 1: Natalia Salvatori, Haliburton, second.

Canskate Ladies, flight 2: Anna Schleifenbaum, Haliburton, third.

Canskate Ladies, flight 3: Minna Schleifenbaum, Haliburton, fourth.

Pre-preliminary A Ladies, flight 1: Callie Cowan, Minden, third; Kelly Kay, Haliburton, fourth.

Preliminary A Ladies, flight 2: Stephanie Foster, Minden, first; Gillian Ottley, Haliburton, third.



BRUCE TURNER

The following skaters represented Haliburton at Saturday's Interclub competition at the Dysart arena. From left: back row: Cassandra Nimigon, Natalia Salvatori, Tristan Pawluch, Gillian Ottley, coach Jane Symons and Victoria Browne. Middle row: Amanda Vanlieshout, Anna Schleifenbaum, Terri-Lynn Lumley, Minna Schleifenbaum and Kelly Kay. Front row: Rebecca Ide and Julie Moore.

Preliminary A Ladies, flight 3: Rebecca Ide, Haliburton, first; Brittany Hicks, Minden, second.

Preliminary B Ladies, flight 2: Julie Moore, Haliburton, second.

Preliminary Interpretive, flight 1: Julie Moore second; Steffy MacKenzie, Minden, third.

Preliminary Interpretive,

flight 2: Rebecca Ide, first; Ashleigh Schollig, Minden, fourth.

Junior Bronze Interpretive, flight 1: Terri-Lynn Lumley, Haliburton, second; Katlyn Hewson, Minden, third.

Senior Bronze Ladies, flight 1: Terri-Lynn Lumley, fourth.

Senior Bronze Similar

Bronze: Terri-Lynn Lumley and Rebecca Ide, third.

Beginner Pairs: Gillian Ottley and Rebecca Ide, first; Stephanie Foster and Steffy MacKenzie, Minden, fourth.

Open Similar Bronze: Victoria Browne and Cassandra Nimigon, Haliburton, fourth.



Terri-Lynn Lumley and Rebecca Ide of the Haliburton Figure Skating Club compete in a pairs event.

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2000 COSSA CHAMPIONS:

HHSS's junior girls volleyball team, at left, recently battled their way to the top of league play, achieving the high school's third consecutive COSSA championship title.

Team members are, from left: Front row: Kerry Schakelaar, Niki Sisco, Abbey Pearsell, Caley Sisson and Steph Sternberg. Middle row: Liane Dron, Cassie Hie, Kori Roberts, Terry Dawson, Jen Carpenter, Stacey Schell and Lesley Pearsell. Back row: Coach Murray Kuntz, assistant Ryan Ladurantaye and assistant coach Laura Willis. Absent are Alana Woodcock and Katie Carey.

LORI ROBERTS

Lester brothers in second place

As the Canadian Sno-cross Racing Association's season draws to a close, Minden brothers Luke and A.J. Lester are in second place in their divisions.

Following the indoor Super Sno-cross event at the Air Canada Centre on March 6, 19-year-old Luke is second in the CSRA's National Outdoor Sno-cross Series, Semi-Pro Division.

At the March 6 races, in the Semi-Pro finals, Luke's race started with the quick manoeuvre to avoid a downed rider in the first turn. Then he steadily made up ground from his fifth place position, threading his way to third. He was the top finishing Polaris rider.

Fifteen-year-old A.J. is second in the CSRA's national Outdoor Series, Sports Division.

Bruce Turner PHOTOGRAPHY

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Announcement



Mr. Frank Berdan, Community Banking Manager, Simcoe Muskoka District, is pleased to announce the appointment of **Gary W. Meathrel** as **Account Manager - Haliburton/Bracebridge/Huntsville**. Based in Haliburton, his mandate will be to expand the Bank's commercial lending operations in Haliburton and the surrounding region.

Gary brings exceptional background experience and professionalism to the Commercial line of business. During his 27-year Bank career, he has held numerous positions including retail branch management, credit operations as well as commercial account management. During the past 5 years, Gary has established a distinguished track record as a Mid-Market Account Manager in the Mississauga and Halton regions. He is a graduate of the University of Toronto and is an Associate of the Institute of Canadian Bankers.

Having been a seasonal resident for 38 years, Gary is pleased to finally establish his home on Haliburton Lake. He invites you to contact him at the number below to discuss any of your commercial banking needs.

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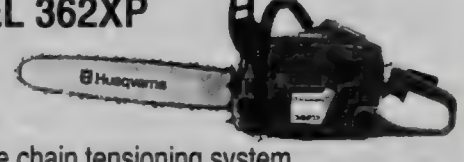


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Glen Dart Tournament is March 26

Games are part of Haliburton hockey tradition

by ROGER DART

It was almost 50 years ago that a group of civic-minded, hockey enthusiasts in Haliburton wanted to do something in memory of their friend and team mate Glen Dart and for the youngsters in Haliburton. Joe Iles, Fred Neimann, Albert Larue, Ron Curry, Berkley Feir and Frank Andison formed a Committee and organized the first Glen Dart Memorial Tournament.

The Committee could not have chosen a better memorial.

Glen Dart served in the Royal Canadian Air Force during World War II. After the War he returned to his hometown of Haliburton and became the Director of Recreation for the Municipality of Dysart et. al. Whether as part of his job, his love of hockey or his interest in young people but most likely because of all three Glen was the coach of all of the Haliburton minor hockey teams at the time.

Little could the members of the committee have known that they were establishing a Haliburton tradition.

This year Lorraine Forgrave's Grade 2 class at the Stuart Baker Elementary School were doing a unit on traditions. When asked to name some local traditions her seven year old stu-



Do you think these men realized that almost 50 years after they organized the first Glen Dart Tournament, young hockey players would still be looking forward to the day filled with great hockey and camaraderie? We're sure Joe Iles, Fred Nieman, Ron Curry, Albert LaRue and Berkley Feir would be pleased with their lasting legacy. Our thanks to Joe Iles of Haliburton for sharing the photo with us.

dents immediately responded with the Glen Dart Tournament. Many of the boys in the class were proud to say that they had played in the tournament.

Many of the current participants have fathers who have played in the tournament. A few even have grandfathers who skated in the Glen Dart.

Today we have another group of hockey enthusiasts who keep the tradition going on behalf of the Haliburton Minor Hockey Association.

Bob MacNaull has been organizing the Tournament for 20 years, give or take. Bob's love of hockey, dedication to the tournament and attention to all the little details make the day a joy for players, coaches and fans. Bob is quick to give credit to others who, like Bob, have donated their time and talents over many years to the Tournament. To name a few - Grant Rae, in charge of awards; Bill Hartin, timekeeper and scorekeeper and Claude Parish, referee-in-chief, together with his squad of referees.

The 48th Annual Glen Dart Tournament will take place on Sunday, March 26. Come to the Haliburton arena and be part of the tradition. Watching Haliburton's young hockey players explains why the Tournament has lasted so long. If you have any newspaper clippings, photos or stories from past tournaments please bring them along to share.

SCHEDULE

8 a.m. House League Junior
9 a.m. House League Senior
10:15 a.m. Mite
11:15 a.m. Tyke
12:30 p.m. Novice "C"
1:45 p.m. Novice "B"
3:00 p.m. Atom "B"
4:15 p.m. PeeWee "B"
5:30 p.m. Bantam "B"

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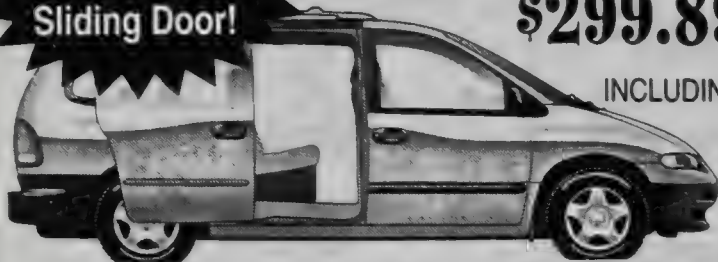
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LEN PIZZEY/Echo

Top young curlers:

The youth division of the Haliburton Curling Club marked the end of the season last Friday afternoon by playing a few ends with their parents. Here, three of the four curlers who received awards for their season long play demonstrate their good form. From left, Lacey Johnson, who was voted by her fellow curlers as the most sportsmanlike player. Receiving skills awards were Owen Schell, in the hack, and Charles Taylor. The third skills award recipient, Reuben Maughan, was not present for the photo.

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Docs on Ice
Bernie
Nicholls is
among
retired
NHLers who
will play in
fundraising
match with
tournament
doctors

The province's physicians are preparing to compete in the upcoming 18th Annual Hockey Tournament - "Docs on Ice".

Between 600 to 700 doctors from 40 towns and cities will be closing offices and lacing up to skate for charity in the underserved area of Haliburton, April 13, 14, 15, 2000.

Games will take place at the four "nostalgic" arenas in the area, including Haliburton and Minden.

This year's goal is to raise between \$40,000 and \$70,000 for charity. The real winners will be the local populace, with renovations to their hospitals and a badly needed 911 system.

This year's chairman, Dr. Pete Kujtan says, "We are drawing attention to areas such as Haliburton, which need a 9-1-1 system because the natural beauty attracts numerous retirees."

Winning teams will also be bringing donations back to their local Canadian Cancer Society chapters.

The highlight of Docs on Ice will be a charity game against a group of NHL Old-Timers. Players include: Walt McKechnie Ron Ellis, Glen Sharpley, Bernie Nichols, Steve Larmer, Norm Ullman, Mike Pelyk and others.

1999 Hockey Hall of Fame inductee, Scotty Morrison and Lord Stanley's Cup will also be in attendance.

Game times are April 14 at 8:30 p.m. at the Dysart arena and April 15 at 8 p.m. at the Minden area. Ticket information will be available soon.

Proceeds from the game will be donated to the Haliburton Highlands Health Services Foundation.

The banquet at the high school in Haliburton will feature Ron Ellis and memories of the Team Canada series.

A limited edition print commemorating the tournament ideals of charity, camaraderie and sportsmanship has been commissioned from the "Gretzky 99" artist Daniel Parry.

Husky Tykes

Win against Beaverton sends Tykes into final playoff round

The Haliburton Tykes ended the regular season on a positive note with a 4 - 1 win at Beaverton on Friday night.

Scoring two was Keaton Gadway, with one each for Zane Zondervan, and Douglas Bowering. Assisting were Drew Paul with two, and one each to Mark Vasey and Brandon Yake.

The Tykes finished in second place to Sunderland with seven wins and three losses, and now await a final playoff set.

Arrangements have yet to be finalized.

On Saturday, the Tykes spent the day at the Lakefield tournament, starting out at 9:30 a.m. with an 8 - 1 win over Millbrook. Next was a 7 - 1 win over St. Annes at 2:45 p.m., and then they ended the day at 9:30 p.m. with a 7 - 4 loss to a strong St. Alphonsus team in the A final.

Coach Vasey kept the tournament a fun event, giving most of

his team members chances to play different positions than normal, and the team responded in style. Complete teamwork and strong play was evident throughout, and the young Huskies should be well pleased with their results to date.

The goaltending was shared by Bowering, Yake, and Ian Bottum with a game each.

The scoring was shared amongst several players, and many contributed with excellent

defensive plays when needed most. Chris Judge had six goals, five assists; Paul had five goals, two assists; Bottum had four goals, five assists; Gadway, Bowering, and Vasey each had five assists; Carson Roberts had one goal, four assists; Yake had one goal, three assists; and Zondervan had one assist and made many gutsy plays "holding the line".

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Driver's Seat Height Adjust	Standard	Not Available
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Husky Mites

Talent scouts know who to watch as Haliburton's youngest players take on Tyke tournament in Baysville

by WADE MACINNES

On Sat., March 11, the OHL and University Scouts were out in full force at the Baysville arena checking out the hot prospects playing in the annual Huntsville Minor Tyke hockey tournament.

The Mighty Mites from Haliburton joined the Huntsville Blues, the Gravenhurst Lakers, the Bracebridge Bears and two Orillia Terrier teams in this entertaining day of minor hockey.

Undaunted by their opponents' size and speed the Huskies fought tooth and nail, playing three games in six hours. They didn't win a game but put up a great fight especially in game two against the Bears.

The highlight reel saw Zach Boice and Dillon Upton setup big Stew

Chaulk in the slot who scored a five hole as Doni MacInnes screened the Bracebridge goalie.

Brett Yake, Dalton Morrison and Riley Tait worked the left wing lock to a tee while Rob Lewis, Liam Wilcox and Mikey Mazara skilfully executed the pheasant flush trap forcing the opposition to cough up the puck on many rushes.

Ryan Hunter, the deep safety, picked up the puck in the Huskie zone and did a Paul Coffey coast-to-coast rush but was stoned by a wicked butterfly save. When asked by the Barrie Colt scout after the game why he couldn't cash in, Ryan explained he had never played against a goalie with pads before.

Coach Yake commiserated explaining about the Huskies playing up a level and invited all the

scouts to come watch the boys perform at the Glen Dart tournament on March 26 in Haliburton. The Peterborough Pete scout remarked to Ron "We're there!"

After the buzzer sounded to end the final game, the Haliburton parents jumped to their feet cheering as the Mighty Mites of Haliburton lined up on the blue line to receive their well deserved participation trophies.

A second round of applause came when Husky player Zach "The Hammer" Boice picked up the game MVP award.

As the mini Huskies skated off the ice all you could see was glittering hardware and teeth. This fun day of family and team bonding reassures me that our boys are playing the greatest game on earth.



LEN PIZZEVECHO

Spring Birdie

A new season outside means a new season of sports at HHSS. Here, Red Hawk Mark Hughes of Wilberforce takes aim during badminton practices. Both boys and girls teams are gearing up for the season play.

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Atom B Huskies

Manvers denied opportunity to win second match

by KAREN MORRISON

On March 10, the Husky Atom Bs hosted Manvers. The last time the Bs met up with Manvers they lost, but this time was going to be different. The Bs weren't letting their guard down. Defence was ready to shut them down. They were pumped on offence and the goalie was just waiting in net to save goals. Halfway through the first, Max Ambridge got on a break-away and scored.

The Bs didn't score in the second but Manvers slipped one in.

Halfway through the third, Max got loose again and scored, unassisted.

Manvers decided to pull their goalie in the last minute of the game and Daniel Paul took advantage of it and scored, assisted by Max. The Huskies won the game 3-1.

The Huskies will be on the road until a March 21. home game in Minden against Wilberforce at 6.

Novice C Huskies

Sunday's championship game in Haliburton vital

by SHERRILL SHERWOOD

The Novice C "A" championship race started in Fenelon Falls on Sunday. The visiting Haliburton line-up consisted of; Curtis Nichol, Brett Yavis, Jay Winfield, Kevin Cooper, Craig Cooper, Ryan Sherwood, Riley Sisson, Curtis Mulholland and Luke Watson.

The under-manned Husky team knew they were in for a tough game when they were down 2-0 halfway

into the second period. An excellent effort by Craig Mulholland put Haliburton on the scoreboard, assisted by Ryan Sherwood and Luke Watson, to add a shot of adrenaline in their play. Goalie Curtis Nichol saved many shots and kept the score close. Fenelon Falls clinched their 3-1 win in the last minute of play.

The championship is a best out of three series, with the next game in Haliburton at 12:30 on Sunday, March 19.

Central Ontario Wolves

Midgets still have wild card chance for berth in finals

by SUE CLARKSON

After an aggressive series with Peterborough, the Central Ontario Wolves Midgets switched to the fast paced Richmond Hill Stars for the semi-final round.

Game one, the Wolves came out flat, losing 4-1.

The second game on home ice saw three quick goals scored by the opposition. The Wolves didn't recover as another four entered the net before the end of the game.

All-important game three at the Elvis Stojko arena, saw the Wolves get on the scoreboard first and continue to battle to a 4-3 win. The Stars got into a lot of penalty trouble resulting in the Wolves scoring three power-

play goals.

Game four, back at home, was an exciting match with the Wolves having the edge over most of the game. Despite numerous chances, the boys were unable to put the puck in the net. The score was tied at one at the start of the third. The Stars scored a power-play goal and then, near the end of the period, the puck bounced off the referee right onto the stick of a Star's player and they scored. Final score, 3-1 for Richmond Hill.

Local players Gary Kernohan and Jarett Rowden each tallied an assist in this series.

The Wolves will play one more game versus Oshawa for a wild card entry to the OMHA final tournament.

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if you are healthy and inactive, that is not. Some day you may not be able to do all the activities you would love to be able to do but do not have the time for or are too lazy to do now. Be thankful for your health and your physical abilities.

weekly fitness tips

body rhythms

Lisa Box-Warburton

Get out there and do something you enjoy or try something you think you would enjoy.

Put yourself in a place where you are not able to be active and think of how you would feel.

It feels wonderful to be active and have your body respond the way it should.

Walking is a great way to get exercise and get rid of some stress. It is easy and you can have someone join you or do it alone.

So get out there and be active and healthy and appreciate what we have been blessed with.

RECIPE OF THE WEEK

Crab salad in a pita

1 can crab chunks
1 tbsp. low-fat Mayo
1 green onion
1 stalk celery
Sprinkle of garlic and pepper
Mix together, fill a pita with this mixture and lettuce, and enjoy.

Spring
into

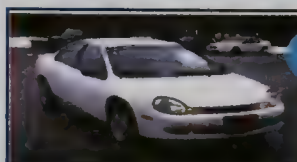


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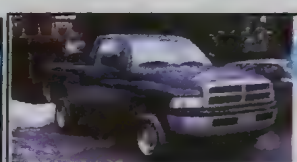
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Mopar

Students' play wins award

'The Calling of Ash' cited for excellence in play writing at regional Sears drama festival

LEN PIZZEY

Publisher

A play written by Haliburton Highlands Secondary School drama students took top honours in the playwriting division of the Georgian District segment of the annual Sears Drama Festival.

The play was created by the students in an all night writing and acting workshop about six weeks ago.

Drama teacher Derrell Dobson says the project began at the initiative of the students, who wanted to enter the festival despite a hectic schedule of rehearsals for the upcoming musical *Grease*. Rather than try to find a play that would have parts for everyone who wanted to participate, the students decided they could write a play them-

selves. With Dobson behind the project, the students began work on the play at 4 p.m. one Friday night, and had it substantially completed by 4 a.m. Saturday morning, by which time they were ready for a few hours of sleep in the school's drama room.

While the play deals with the universal themes of life, death, and human purpose, the students wanted it to be subtle, clever and absurd, goals they accomplished with great success.

Dobson says the festival adjudicator praised the students' performance and their writing skills, noting their "remarkable facility with language." In giving the play an award of excellence, the adjudicator used words such as exquisite, classy, lovely and beautiful, Dobson said.

The photos on this page were taken at a public dress rehearsal last Wednesday.



Devon Dart, Carrie Heyes, Kate Campbell, Micah Smith and Ryan Dawson



Devon Dart



Ryan Sisson and Helen Harris



Greg Luck and Ryan Dawson



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Vol. 2 No. 1
Spring 2000

Senior *Life*

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winter games

District 11: Haliburton/Muskoka Winter Games Results

Curling

First: Art Clarke Team, Bracebridge*
Second: Ab Normal Team, Haliburton
Third: George Maw Team, Huntsville

Alpine Skiing

Single Entry: William Wark*

Nordic Skiing 5 km. Prediction (women)

First: Margaret Brogden* Second: Edna Wark

Nordic Skiing 5 km. Prediction (men)

First: Jack Cox
Second: Peter Brogden*
Third: William Wark

Skating

3 km. Prediction:
Single Entry: Jack Cox*



*represented District 11 at Winterfest 2000, Collingwood

Congratulations to Peter and Margaret Brogden of Haliburton, both of whom won gold medals in their nordic skiing events at the Ontario Senior Games Winterfest 2000 held in Collingwood, March 6 & 7, and to all of the senior athletes who represented our district.

We welcome your comments and suggestions. Please let us know if you find the information valuable, and if you have story ideas, activities, or people you would like to see profiled, we would be glad to hear from you!

Contributions will be appropriately acknowledged.

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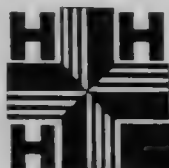
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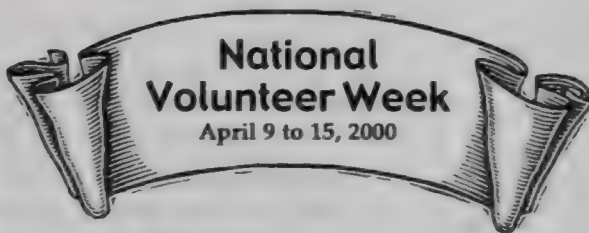
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The Big
Issue

by Kerry Riley

VOLUNTEERING

get
involved!

"One is not born into the world to do everything but to do something..." Thoreau

They're out there. If you live in Haliburton County, or anywhere else, for that matter, there's not a day goes by that you haven't felt their influence. You have, no doubt, passed one on the street, rubbed shoulders with one at the grocery check out, or stamped toes together, watching your kids play minor hockey. You may even have one in your family. An observant individual might detect a certain liveliness about the eyes, a hint of satisfaction in the smile—and suspect, but in general, they blend well with their surroundings, and do not draw attention to themselves.

Volunteers – they're everywhere – flipping pancakes at a community breakfast, protecting heritage sites, entertaining children in a parade, managing food banks, guarding their communities, manning telephones, tracking environmental conditions, and fund-raising, fund-raising, fund-raising. The scope of their activities is endless. If they were all to stop doing what they do tomorrow, it would most certainly spell the end of civilization as we know it.

Senior citizens, as a segment of society, are particularly active volunteers, and their numbers are growing. Although seniors place

Why, after a lifetime of hard work, would one choose to use one's well deserved free time to continue to work, this time, for no pay?

second, behind the 35-44 year age group, when the number of volunteers amongst their ranks are tallied, they are the undisputed record holders for hours of service, averaging about 3.9 hours per week.

The obvious question about the practice of volunteering is, why? It's particularly applicable to the senior volunteer. Why, after a lifetime of hard work, would one choose to use one's well deserved free time to continue to work, this time, for no pay?

Why indeed? Various surveys of volunteers, and surprisingly enough, medical studies, offer some suggestions. According to a recent Reuters Health Report, researchers have noted that the elderly who participate in a moderate amount of volunteer activity, live longer, happier lives. Various other studies and reports have linked volunteering with reductions in stress and depression levels, and increases in self esteem, and competence. While the health benefits of volunteering are perhaps under-appreciated, even amongst volunteers themselves, most do report a sense of satisfaction gained from helping, and a feeling that their efforts are needed and appreciated. Others commented that it gave them a chance to learn new skills or put old ones to use, to stay connected with the community, to meet people, and avoid loneliness.

Bill Chandler, Convener for Home Supports' Hot Meals on Wheels program in Haliburton village, believes that his volunteer work with that organization helped him establish himself more easily in Haliburton after a retirement move from Mississauga, in 1997.

continued next page

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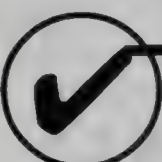
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The Big Issue

by Kerry Riley

VOLUNTEERING

A business and accounting educator, who was also involved in the development of an aviation program and private pilot's curriculum, he had, in the past, volunteered "in a limited way," through his church, but he was a self-described novice when it came to community-based, interactive volunteer work. He'd been aware of the Home Support's appeal for volunteers in the St. George's church bulletin for some time. "Eventually," he says, "I just thought, 'Why not?'"

Because Home Support clients are some of the most vulnerable members of the community, the organization has careful screening procedures for all of its volunteers. "I didn't find it onerous in any way," says Mr. Chandler, of his own screening. "I went through the application process and the police check, and interviews with the County Coordinator" "I did have to supply references, and I know they were checked," he adds, "but it was really quite painless."

As convener, he estimates he spends about three hours a month on the phone, lining up and arranging driving schedules and preparing a monthly summary of meals delivered, kilometres traveled and hours clocked. He also delivers meals. Drivers, he estimates, spend, on average about 1-1/2 days a month delivering hot meals to elderly or physically challenged clients in the community. "It not a heavy burden," he comments. "There are certainly many who do much more."

Personally, he says, the experience has given him a broader, and perhaps more enlightened perspective on the process of aging, and the satisfaction of knowing that "in a nice little way, you've done something good in the larger scheme of things."

For Adele Barnes, Wilberforce senior and recent Home Support Volunteer of the Year, community service has been a way of life for nearly sixty years. A long time member of the Monmouth Recreation committee, and countless other local initiatives, she is currently also busily involved with projects coordinated by Haliburton County's Home Support Services.



She helps deliver Meals of Wheels, in the Wilberforce area, and serves on several organizational committees, including the Home Support Board of Directors. A quick check of her January calendar reveals about 20 hours of scheduled work, including two meetings, but, she says, "you never really think about the time." It's the recognition of a need, and a sense of civic responsibility that motivates her. "I enjoy people," she explains, "and who knows, somewhere down the road I may need a little help too." "I'd hope there would be someone there." *continued next page*

Bill Chandler, at left, Convenor for Home Support's Meals on Wheels program.

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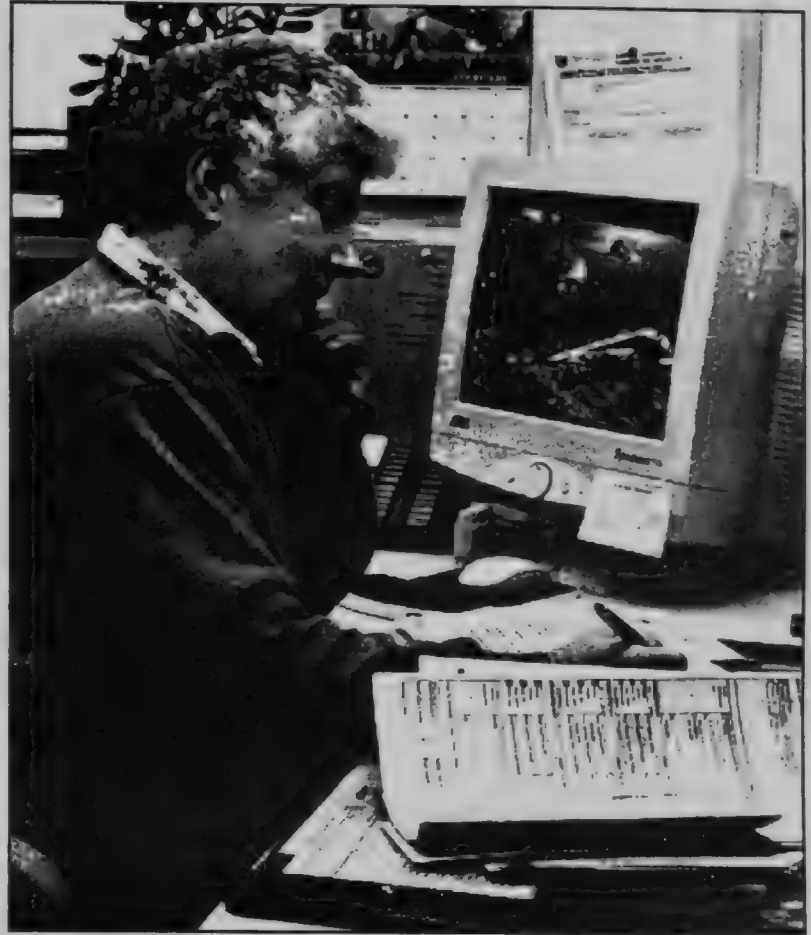
The Big Issue

by Kerry Riley

VOLUNTEERING

Like Adele Barnes and Bill Chandler, many volunteers surveyed stated that they wanted to make a meaningful difference in their communities, or personally believed in the cause they were helping. These comments may lend credibility to a theory put forth by Joyce Cohen, an American life-planning specialist and member of the International Society for Retirement Planning. According to a recent Toronto Star article, Cohen believes that the apparent rise in altruism amongst senior citizens represents the leading edge of a wave of retirees whose ideals were formed or influenced in the socially conscious 60's. Now facing retirement, these new seniors find themselves in a position to resurrect deeply held convictions about what constitutes a meaningful life, and about the need to make the world a better, kinder place. In any case, the final third of one's life has traditionally involved a shift in focus away from the material, towards the metaphysical.

Other trend watchers note that retirement used to represent a brief interim between the end of work, and the illness that killed you. Today, many seniors can expect to enjoy two, maybe three decades of healthy active living beyond their retirement. Thirty years is a lot of crosswords—the growing appetite for volunteer work may simply represent the need to fill time usefully. Whatever the reason, the increasing contribution made by senior volunteers has led some to suggest that they may eventually replace stay-at-home mothers, as the invisible framework that holds our society together. Childhood: grow up; middle years: work and family; retirement: save the world—you have to admit, it's an attractive progression!



Adele Barnes, recent Home Support Volunteer of the Year.

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The Big
Issue

by Kerry Riley

VOLUNTEERING

Who NEEDS HELP?

The simple answer is: everyone. A comprehensive list is simply impossible, but here are a few suggestions to get you going. As a first step, take stock of your own interests and strengths and think where they might best be applied. If you're interested in helping with a specific event, ask around—someone will know who you should talk to.

April 9 to 15, 2000 is National Volunteer Week—watch the media for ideas and further information.



Opportunities:

Here....

Haliburton County Home Support Services:

457 2941 or 1 800 567 2941

A stalwart of volunteer activity in the highlands, Home Support is a non-profit charitable organization, administered by a board of directors, which coordinates a number of services for seniors (55 yrs.+) and physically challenged adults (18 yrs.+).

In addition to "field jobs," such as meal delivery, home help and friendly visiting, Donna Pacey McDonald, Executive Director, is also actively seeking volunteers for management, organizational, fund-raising, and committee and board positions.

Client security concerns require that all volunteers complete a screening process. Special, free training, as required, is provided.

Family Services: 457-5345

Needs drivers to deliver children (with parents) to medical or counselling destinations in and out of the county. Also seniors who enjoy gardening, to help high school students, some of whom may be developmentally delayed, to establish a "Peace Garden." "Host" families also needed (may be a couple or single person) to invite a child into their home for a few hours or even overnight.

Haliburton Highlands Learning Program: 457 3430

Needs office volunteers (mornings in Haliburton village office) persons with fundraising/marketing experience or interest, and tutors. Call any morning and leave message or talk to Jane Selby Thursday or Friday mornings.

Churches, Legions, and Service Clubs, Guiding and Scouting organizations offer many volunteer opportunities.

continued next page

Guardian

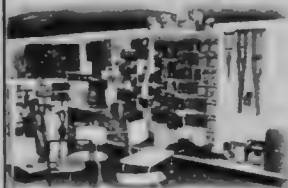


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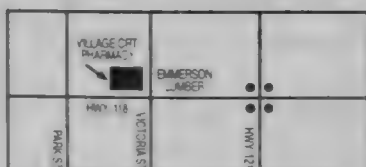


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The Big Issue

by Kerry Riley

VOLUNTEERING

Opportunities:

Here continued

Your municipal/township office is often an excellent source of information about local opportunities. "We're crying for volunteers," says Kathy Rogers, member of innumerable volunteer committees in Monmouth. "The Millennium Committee, the Heritage Guild, our roller skating and figure skating programs, our Minor Hockey Association, the Guiding and Scouting programs, our Agricultural Fair Board - they all need help."

Many local schools welcome volunteers. Policies vary with individual schools. Contact your local school for further information.

Interested in the Environment? Lake, cottage and homeowner associations are often involved in such environmental tasks as monitoring water quality, impact studies, and habitat assessment.

There....

The Marsh Monitoring Program, Bird Studies Canada (519 586 3531 or toll free 1 888 448 2473) uses volunteers to assess amphibian and marsh bird populations throughout Canada. Novices welcome

The United Nations is developing an Internet volunteer matching service, as part of its Volunteers program. According to their web page, "any task that can be delivered in an information format can be considered for online volunteering,"...and "any individual anywhere in the world who wants to contribute to a development issue of his or her interest can enter the Online Volunteering search engine and look for an assignment." See: <http://www.unv.org/activs/ntaid200.html> or <http://app.netaid.org/OV>

3. Online Volunteer Exchange supported by Human Resources Development Canada and Industry Canada. See: <http://voe-reb.org/index.jhtml> or phone 1 800 670 0401 ext. 234. User submits a profile which can be accessed by volunteer agencies from across the country, seeking help.

...and Everywhere!

The scientific project known as SETI (Search for Extraterrestrial Intelligence) out of the University of California, Berkeley, has a free, downloadable program available via the Internet which allows home computer users to help monitor inbound (i.e. to earth) radio waves for signs of intelligent communication. See: <http://setiathome.ssl.berkeley.edu/>

What to Look For In A Volunteer Job

The degree of formality inherent in a volunteer job varies widely with circumstances. If a group of friends has gotten together to achieve some short term goal, one can hardly expect detailed job descriptions, and statements of goals. However, if you are considering a longer-term position with a recognized volunteer agency, or committee, here are a few criteria which will help make your experience a positive one.

A well thought out, organized volunteer position will:

1. Provide you a clear job description with your duties spelled out as specifically as possible.
2. Provide a good match between your abilities and interests and the job requirements.
3. Provide a clear chain of command, letting you know who you should report to, or are accountable to.
4. State time requirements clearly.
5. Provide some opportunity for you to learn/grow in a way that interests you.
6. Provide you with an opportunity to lists activities (perhaps canvassing or public speaking) which you do not want to be asked to do.
7. Provide you with any "tools of the job" that may be required.

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By: STAN BEARD

THRONE SPEECH

WARNING: The following contains scenes of implied violence and coarse language. Reader discretion is advised.

The time was 6:15 am., Saturday the 5th day of February, 2000. My wife Carolyn had agreed to sound an early wake-up call for our son Philip, who had arrived from Hamilton the previous evening, to enjoy a getaway weekend with buds at the annual Wilberforce Firemen's Curling Bonspiel. I, in turn, planned to enjoy my weekly encounter with a high chol bacon and egg "forbidden" breakfast.

Carolyn appeared at the bedroom door wearing the sort of canted jaw-set that, after fifty years, I recognized as a forecast for something less than a perfect day. I could not have been more right. At that precise moment the weekend went, literally, straight into the terlet. "Rise up, Master of the House," she intoned. "There's terrible trouble

in the loo." "We have a Fail to Flush Condition Brown." (Women's Lib has an oddly deferential approach to such nasties as clogged drains, cat barfs, emptying mouse traps and the likes.) As I contemplated this rather bleak prospect my perceptive son made a discrete exit to his early appointment with breakfast, broom and functioning conveniences.

Now, to be truthful, we're not talking a new experience here. Any move to the rural boonies is an invitation to the plumbing wars. Frozen water lines, anginic pumps and futile foot valves are a fact of life. Furthermore, as a retired volunteer maintenance person, I was the main protagonist in the "Incident at St. James' Church, Dundas," in which a horrendous regurgitation evacuated the entire day-care facility. After two days of intense activity the situation was resolved by the introduction of a snarling steel rooter on the end of 200 feet of cable. By contrast, our present problem would be but a minor glitch and a splendid stress test for my stented balloon heart angioplasty completed just a fortnight past...

The time was 8:00 am.

After breakfast, I suited up, retrieved my trusty plunger and various sets of plumbing snakes and set to work. Two hours later, following a rigorous workout with the "plumber's friend," several infusions of boiling water, and a trip to the village for something called Liquid Plumber,® I had managed to just empty the bowl. Standing back for a test flush, I gazed, transfixed, like Smith on the bridge of the Titanic, as the water rose inexorably up and over the edge of the bowl. There are few experiences in life quite as terrifyingly frustrating as watching a toilet overflow. Every sphincter and fibre is drawn twanging taut as you desperately will it to stop. Prayer is absolutely useless at a time like this. What you need is a pool vacuum. Stop reading right here and go out and buy one.

continued next page

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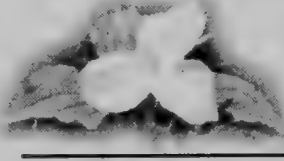

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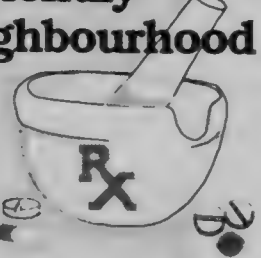
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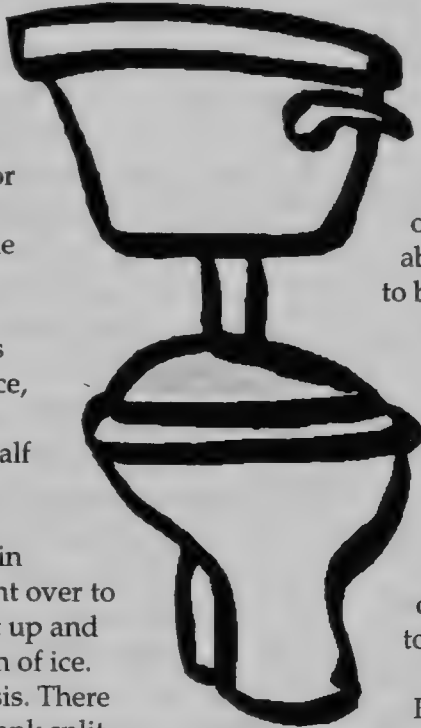
"GET THE POOL VAC!"

The time was 10:00 am.

Philip phoned. He said there had been an epidemic of frozen water and septic lines in the community. He cautioned me not to re-activate my hernia, that he would be down with help to remove the appliance and that he would stop at the local general store for a new floor seal.

Impatient, I descended to the crawl space, a genuinely claustrophobic trip, to see if there might be a removable trap. There was not. Carol and I wrestled the terlet off its mount, and peered in. No sign of an obstruction in either the fixture or the pipe. In preparation for the onslaught, I manhandled a length of tangled frozen hose into the house and connected it to the hot tap.

Phil arrived with Bev and Barry, two team-mates well versed in the mysteries of home maintenance, who mutually concluded that there was, indeed, an obstruction in the fixture and attempted for half an hour, to shove a wire through it. Finally, in frustration, they pitched it out into a snowdrift (intending to sledge-hammer its delicate porcelain body and reveal the wretched blockage) and went over to unbolt the toilet in Phil's cottage. They hooked it up and poured warm water into the tank to thaw an inch of ice. The tank went into immediate thermal thrombosis. There was a sickening crack. The entire bottom of the tank split, pouring water over the carpet, with everyone screaming for the pool vac. A propitious time, indeed, to return to the curling club for the bonspiel awards dinner. Before departing, however, they unbolted the tank from the snowbound original and fitted it onto the substitute. A test flush resulted in yet another frantic dash for the vacuum. The two tear, weary, householders were left alone amidst the waterlogged debris. Bowed, but determined, we resurrected our frozen reject from the drift, re-attached the good tank, and awaited, single malt in hand, the return of our sturdy offspring.



The time was now 8:00 pm. Twelve hours into the mission.

When Phil returned he shoved the hose down into the drain and commenced an irrigation. After a short period, the water rose slowly upward. Just as it reached the rim, it suddenly gushed away. "That's it!" he exulted. "We've thawed the septic line!" With gladsome hearts, we re-bolted and flushed. "GET THE POOL VAC!" Black despair was in the air.

The time was now 10:00 pm.

As I prepared an offer to sell, Carolyn, in the kind of blinding flash of feminine intuition that will eventually save the world, quietly suggested we check the vent stack that runs up the side of the house. This is a small pipe, protected by the eave, that carries off sewer gas. In a typical macho response I said, "How could anything get in that little inch and a quarter pipe, for Pete's sake." Well, to make this long, sad story a little shorter, Phil ascended an extension ladder in the teeth of a howling blizzard, clutching a steel snake. It only went in about six inches. Hacking off two feet of pipe, we discovered it to be packed with snow, probably swirling from an adjoining pine tree. Fourteen hours of pitiful perambulations and it had come down to this. Nevertheless, we were flushed with pride for our heroine of the day.

The time was 4:00 am.

The water pump came on. Any rural citizen knows that this means either a dripping tap or a leak. It was a leak. The toilet water line shut off valve, reacting to the stresses of the day, had been burbling away and re-soaking the carpet. Back to the vac.

Returning from church and appropriate prayers, we found the offending tap replaced and an angled elbow fitted to the vent pipe. On the table was a note from Phil, reminding us to thank the indispensable general store owners for opening the store and to pay our bill. "I'm out of here," he concluded. Safe journey old chap. Y'all come back soon, y'hear?

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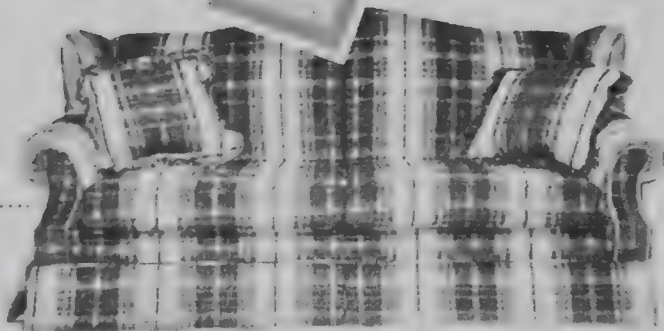
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get
fit

Come
to me...



Ah, the couch.

There's really no denying the power it exerts over us all -- its deep, dark, subliminal attraction. Just ask Freud. His theories may have fallen into some disrepute of late, but he proved himself no slouch as a businessman when he installed one in his office. Like all attractive things, however, too much of it isn't good for us. (A gaping flaw in the structure of the universe, to be sure -- but still a truth which must be dealt with.) In fact, if you survey the medical literature of the last few decades, it soon becomes pretty clear that too much couch results in a shorter, grumpier, fatter, weaker, slower, and mentally foggy life.

Now, if you had, of late, been indulging in a bit more couch than usual, perhaps neglecting those niggling long-term fitness plans, rationalizing that if world really did end as the millennium turned the last "last" thing you wanted to be doing was sit-ups, there's good news and bad news. The good news is: the world didn't end, and we're all staring a bright shiny new millennium in the face. The bad news? Since we're safely into a new millennium, we'd probably like to see as much of it as possible, so...long term planning is back. A millennium is lots of time to get any reasonable fitness program off the ground -- unless a shorter, grumpier, fatter, weaker, slower and mentally foggy life is a personal goal of yours, it's time to take advantage of all the enthusiasm and sense of possibility inherent in our new date, and get a fitness plan under way.

"I tire easily." "I have health problems." "I don't need as much exercise at my age." If any or all of these statements represent your pet excuse for not exercising, your not alone -- they're some of the most common reasons encountered in a survey of senior Canadians. Useful in their time perhaps, but more and more, research in the field of aging and exercise is refuting these ideas.

In large part a result of a study of frail seniors (average age 90) undertaken by Harvard and Tufts Universities in 1989, it is now generally accepted that age is no barrier to fitness. The study showed that six weeks of moderate exercise increased participants muscle strength an average of 180 per cent. Several participants were able to give up their walking aids. When the seniors returned to sedentary habits, the gains were quickly lost. Two lessons were learned. Firstly, that people of any age can improve their fitness with regular exercise. Secondly, unless the exercise is maintained, the benefits are lost.

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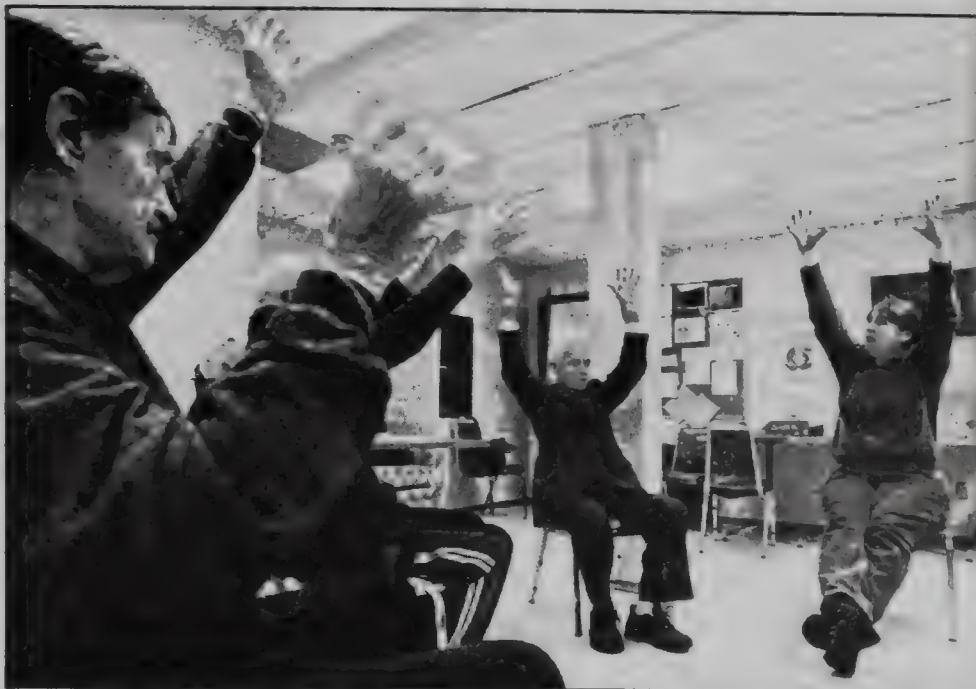


Besides increasing muscle strength, a regular, balanced exercise routine will strengthen bones and help prevent osteoporosis, strengthen ligaments and tendons, thus sparing joints, strengthen the heart, maintain lung capacity, slow or prevent build up of cholesterol plaques (atherosclerosis) in the veins and arteries and help prevent hardening of the arteries (arteriosclerosis) improve or prevent high blood pressure and improve the function of the liver, pancreas and other vital organs. It will also improve cognitive abilities, help control or prevent late-onset adult diabetes, reduce depression, improve sleep, and delay the cessation of the production of human growth hormone (which maintains the size and strength of muscles, and otherwise stops at about age fifty).

Regular exercise has been shown to reduce the risk of heart disease, stroke, obesity, and colon cancer, improve digestion, and decrease constipation. Strong muscles help support and protect the spinal column, improve coordination, reaction time and balance, and thus improve mobility and decrease the likelihood of falls.

In addition to (or rather because of) improved health, you can also expect to sport a sleeker physique. When you are inactive for prolonged periods, fat replaces muscle. Conversely, exercise increases your muscle to fat ratio. Not only do you burn calories that you otherwise wouldn't have, while you exercise, your caloric consumption remains higher than usual for several hours after you finish. Even beyond this time period, muscle burns far more calories, while at rest, than does fat. Furthermore, while muscle weighs more than fat, it takes up half the space. You may not necessarily lose weight, but the weight you have will be packaged far more efficiently.

Really, all excuses pale before a list like this!



The VON Day Programs, available Tuesdays in Haliburton and Thursdays in Minden, include 30 to 45 minutes of flexibility and range of motion exercises, which can be done in a chair, followed by an active game such as shuffleboard, bowling or bocce ball. Call Doreen Anderson Ray 705 745 4934 for more info.

get started!

If you are about to embark on a new fitness program, **talk to your doctor.** Everyone can benefit from physical exercise, but your doctor will be able to give you specific advice about how to begin and what precautions are germane to your situation. He may also refer you to a physiotherapist. You may seek the advice of a private physiotherapist, yourself, although their services are not covered by OHIP.

In general a balanced exercise program which includes three basic types of activity – aerobics, weight training and calisthenics – is thought to provide maximum benefit, but anything is better than nothing. Always start slowly, and never do anything that hurts. Remember that extreme exertion is no more useful than moderate exercise, when it comes to improving and maintaining your fitness level. Stick with your program, you'll start to notice benefits within a few weeks. Varying your activities will help to keep you from getting bored. If fitness classes are unavailable in your area, or difficult for you to attend, you can rent/purchase exercise videos, or purchase books. Make sure, though, that they are up-to-date, as some older regimes are no longer considered safe, and follow the instructions closely. *For tips on integrating a healthy diet with a fitness regime, see our "Nutrition and Fitness" article elsewhere in the paper

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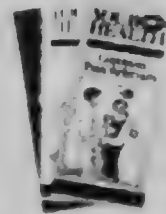


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Directory Of Seniors' Services In Haliburton County

ACCESS CENTRE

Haliburton, Northumberland and Victoria Long-Term Care
705 457 1600

Home care program and placement coordination services
The Access Centre provides access to appropriate health care and social services for residents of the three counties based on an individual's or caregiver's assessed health care needs. The aim is to provide current and potential clients with easy and equitable access to quality services which may help people stay in their homes. A case manager will assess, plan and arrange services and monitor patients' progress. Provided through the Ministry of Health.

HOME SUPPORT SERVICES

Offers a wide range of services dedicated to improving the quality of life of senior citizens in Haliburton County. For all of the services listed here, call 457 2941

Social Recreation Services

Various activities at a drop in centre. Also outings to interesting locations

Emergency Response System

Provides 24 hour medical or security emergency assistance for persons living alone. Installation fee and regular monthly monitoring fee applies.

Meals on Wheels

Meals delivered to clients on pre-arranged days

Wheels to Meals

A nutritious meal at a central location on pre-arranged days. Transportation may be arranged if required.

Friendly Visiting

A volunteer "friendly visitor" under agency supervision will drop by for a chat

Telephone Security or Reassurance

Provides the physically and socially isolated elder person with regular telephone contact to ensure their health and safety.

Home Help

For those individuals who do not require services of a trained homemaker or other specialist. May include light or heavy home tasks beyond the individual's capabilities.

Home Maintenance and Repair

Help in finding a volunteer or company to do snow shoveling, yard maintenance and minor repairs.

HEALTH

Minden Hearing Service 705 286 6001
Haliburton Hearing Service 457 9171

VON Foot Care Clinics, 1-800-267-2905 or (705) 745-7295. Located in Minden, Wilberforce, Cardiff, Haliburton. Specialized foot care to help you stay mobile and active.

Haliburton Highlands Health Services Supportive Housing Program
Beth Archibald 457-1392 ext 249

Personal care, shopping, meal preparation, etc., designed to help people remain in their homes. Flexible schedules can be tailored to individual requirements. Also a 24 hour emergency response system.

The Haliburton Highlands Diabetes Education Network, 705 457 1392

A Nurse Educator and a Registered Dietitian work together to improve your diabetes management skills. Group and individual education is provided.

SUPPORT SERVICES

Home Respite Care Program
457 1600

Offers respite care to care givers responsible for the ongoing care and supervision of the chronically ill, the frail elderly and physically disabled.

Red Cross Homemaker Program
1 800 463 6371

Helps the elderly, handicapped, ill or convalescent by providing assistance that will allow them to stay in their homes.

Victorian Order of Nurses
1 800 754 6255

Professional nursing care provided under a physician's direction by RN's and RNA's.

VON Adult Day Centre in Haliburton 1-800-743-6255, 457-9964

Mondays and Wednesdays, 8:30 a.m. to 5:00 p.m. The Centre provides individuals with social, physical and recreational activities.

Para-Med Health Services
705 328 2280

Home nursing care, staffing and private duty services. Fees usually applied on an hourly or per visit basis, but special arrangements may be made.

GENERAL INFO

Community Care (formerly Senior Citizen's Council)
705 742 7067 (Peterborough)

Office of Seniors' Issues

1 800 267 7329 Follow automated answering instructions. Provides information to seniors and promotes recognition of the contributions of seniors to their communities, and a province-wide information and referral service.

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Active Living Alliance for Canadians with a Disability, 613-244-0052
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TRANSPORTATION

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457 2941
Provided for medical appointments, shopping, visiting etc.
16 cent/km. mileage rate applies

Dymo Bus 457 5076
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HOUSING

Parklane, Haliburton 457 3973
Senior's Apartments

Echo Hills, Haliburton 457 9119
Seniors Apartments

Staanworth, Minden 705 286 3444
Senior's Apartments

Maple View, Wilberforce
705 448 3652
Senior's Apartments

Victoria/Haliburton Housing Authority 1 800 463 4120
Sunrise Apts., Minden
Mountainview Apts., Haliburton

Nursing Homes

Extendicare 457 1722
Living centre for seniors requiring nursing care. Ward, semi-private and private accommodations.
Also: Adult Day Care Program: an alternative to institutional living for people who need more than home care services.

Hyland Crest Senior Citizen's Home
705 286 2140

Municipal home for the aged. Provides residential care services, extended care services and vacation care. Support services include dietary, maintenance, housekeeping, etc.

Ministry of Housing, Central Region
1 800 881 3678

For information about various housing programs in Haliburton County.

COUNSELING & Advisory Service

Bereaved Families of Ontario
705 743 7233 (Peterborough)

A non-profit charitable organization for families who have lost a loved one. Services include one-to-one support, telephone counseling, small group sessions and educational family nights.

Psychiatric Assessment Service for the Elderly 705 876 5076 (Peterborough)

Provides a comprehensive, multi-discipline assessment, consultation and co-ordination service for individuals 65 years and over who are experiencing a mental health problem.

Lindsay Suicide Prevention Line
705-324-4488.

Also provides counselling for those with disabilities. Tuesdays to Thursdays, 3 to 11 p.m.; Fridays & Saturdays, 4 to 12 p.m.



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FINANCES

Veteran's Affairs Canada
1 800 387 0919

Veteran's of the Canadian, Commonwealth and Allied Forces may obtain benefits if their war service, age, incapacity, residence and income meet certain requirements.

Ministry of Citizenship, Culture & Recreation 1 800 267 7329

Information for seniors regarding financial programs.

Family Benefits

This department has been reorganized. Disabled persons who have completed an adjudication process and qualify for benefits, should contact the

Ontario Disability Support Program
1 800 565 3554

Anyone else who previously dealt with Family Benefits should contact the Haliburton County Ontario Works Office
1 705 286 4085

Canada Pension Plan

Human Resources Development Canada
1 800 277 9914 TTY # 1-800-255-4786
May be received starting at age 60. You must apply 6 months prior to the start date.

Old Age Security

Human Resources Development Canada
1 800 277 9914 TTY # 1-800-255-4786
Applications must be received 6 months prior to your 65th birthday. There are residency requirements, and a notarized copy of proof of age is also required.

Widowed Spouses Allowance

Human Resources Development Canada
1 800 277 9914 TTY # 1-800-255-4786
Provides further assistance to the surviving legal or common-law spouse of a deceased person. The surviving spouse must be between the ages of 60 and 65 and meet residence and income requirements.

Guaranteed Income Supplement (GIS)

Human Resources Development Canada
1 800 277 9914 TTY # 1-800-255-4786
For those receiving the Old Age Security Pension. Eligibility is calculated according to income and is applied for each year.

Death Benefits

Human Resources Development Canada
1 800 277 9914 TTY # 1-800-255-4786
May apply if contributions to the CPP were made for the minimum qualifying period.

Survivors' Benefits

Human Resources Development Canada
1 800 277 9914 TTY # 1-800-255-4786
The spouse or same-sex marital partner of a deceased contributor may be eligible for a survivor's pension.

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Janeen Byman 705 766 2314

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Doris Roberts 447 3250

Royal Canadian Legion Branch 129
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50 Plus Club Ethel Galvin 457 9364

Haliburton Seniors Club
Allan Francis 457-1569

Stanhope Seniors Social Club
George Hamilton 489 3225

Monmouth Senior Citizen's Club
Floyd Tighe 705 448-2546

Aerobic Exercise:

What: anything that gets you breathing faster, and sweating mildly

Why: to keep heart, lungs, and circulation in shape; to strengthen bones and muscles

Think: walking, dancing, cycling, tennis, racquetball,

How Long: Work up to 1/2 to 1 hour three times a week

The intensity is measured by how fast it makes your heart beat. Beginners should try for a level which causes their heart to beat at 60% of its maximum rate. The maximum rate is $220 - (\text{your age in years})$. Therefore a beginner of 70 years should try for a heart rate of $(220 - 70) \times 60/100 = 90$ beats per minute. Again, consult with your doctor. As your fitness level improves, you can, with your doctor's permission, raise the intensity to 70%, and eventually 80% of the maximum rate.

Guidelines:

- avoid aerobic workouts during hot/humid or extremely cold weather
- wait at least 2 hours after eating
- to avoid heart strain and muscle injury, warm up for 5 minutes before
- cool down for a few minutes after your workout; stopping abruptly can result in lightheadedness and muscle cramps
- the inability to talk, dizziness or disorientation, nausea, pain in the chest, upper back, left shoulder or arm are all signs of over-exertion. Check with your doctor as soon as possible.



Brothers Howard Higgins and Bruce Higgins enjoy their walk along the popular 'Creighton Feir Walkway' in the Village of Haliburton



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Weight Training:

What: specific, repetitious exercises using weights, or machines designed to provide resistance

Why: strengthens muscle, bones, ligaments, tendons, helps prevent bone loss, may help reduce cholesterol

How Long: 20 minutes three times a week

Guidelines:

- get specific instructions from a qualified instructor regarding the use of weight training equipment and the number of repetitions required.

-once thought inadvisable for people with high blood pressure, heart disease and arthritis, newer research is indicating that there may be no adverse affects on blood pressure or a diseased heart, and that weight training may actually improve some arthritis.

Talk to your doctor.

Calisthenics:

What: gentle stretching, reaching and bending exercises

Why: keep muscles relaxed and improve flexibility and agility

Think: dance exercises or classes, quigong (see article elsewhere) and yoga, calisthenic or isometric video exercises

How Long: 10 minutes a day

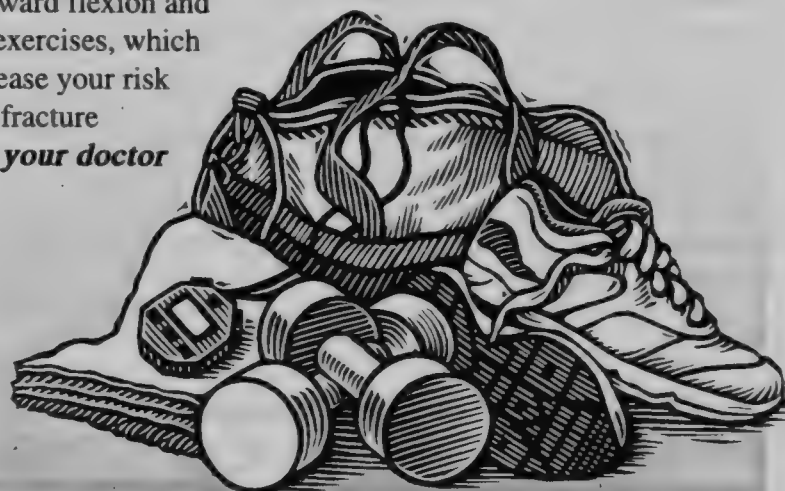
Guidelines:

-if using a video, make sure it is up to date and made by a qualified instructor

- follow instructions closely

-if you have established osteoporosis, avoid forward flexion and twisting exercises, which may increase your risk of spinal fracture

-talk to your doctor



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Nutrition & Fitness

Rosie Kadwell

Nutrition is an important facet of any sensible fitness regimen. It is important to retain or develop healthy eating habits when you pursue any new fitness goals. You'll need energy to exercise, and nutrients to maintain your new muscle tone. Here are some tips and ideas about healthy eating when you begin to increase your activity levels.

1. Enjoy three meals/day. People who eat three meals/day control their weight better than people who skip meals. What a great reason to start eating breakfast.

2. Choose a variety of foods every day. Don't eat the same thing at every meal. A diet with a wide variety of foods is more likely to provide all the nutrients needed for good health. So—try a new vegetable.

3. Eat foods from all Four Food Groups and in the right amounts. To find out if you are eating the right amount, write down everything you eat and drink in a day and compare it to Canada's Food Guide to Healthy Eating. Call the Health Unit 457 1391 for a free copy of Canada's Food Guide along with a serving size sheet. (Those with computer Internet access can also visit <http://www.becelcanada.com> and look under Heart Health Basics for a copy of the guide).

4. Eat whole grain products such as breakfast cereals with two grams or more of fibre/serving. Read food labels. Buy whole wheat pasta, brown rice and whole wheat flour. Grain products give you quick energy. Aim for five to twelve servings*/day.

5. Include vegetables and fruit in meals and snacks, for a total of five to ten servings*/day. Choose dark green, bright yellow and orange vegetables and fruit. They are rich in vitamins like beta-carotene, folate and vitamin C.

6. Make sure you have two to four servings* of milk products every day. Calcium is not only good for strong bones but may help lower your blood pressure.

7. Include two to three servings* of lean meat, poultry or fish, or meat alternates such as beans, eggs or tofu. The proteins they contain are key for good muscle tone and to help fight off infections.

8. Drink plenty of water – six to eight glasses/day. Don't wait until you are thirsty to drink. Consume fluids before, during and after exercise.

9. Limit high calorie foods such as alcohol, regular pop, potato chips, sweet desserts and fried foods.

10. Remember there are no magic foods. Fad diets may sound wonderful, but they can be harmful. Enjoy the foods you eat and follow Canada's Food Guide.

11. For more information on healthy eating, contact Rosie Kadwell, Public Health Dietician, Haliburton, Kawartha, Pine Ridge District Health Unit: 457 1391.
*a serving as defined by Canada's Food Guide



Can I Exercise If...

I Have Heart Disease?

Yes, but only under a doctor's strict supervision. Exercise is now considered an essential part of the prevention and treatment of heart disease.

I Have Osteoporosis?

Yes. Exercise will help your body store calcium in your bones more efficiently. Together with a diet rich in calcium, exercise is a mainstay of treatment and prevention programs. Activities done on your feet, like brisk walking, dancing, and low impact aerobics are ideal. **Get advice from your doctor/physiotherapist** before starting even a simple program. Avoid forward flexion and twisting exercises, as they increase your risk of spinal fracture.

*see also our nutrition article on osteoporosis and diet

I Have Diabetes?

Yes. It may even help control blood sugar for those with non-insulin dependent diabetes. Take proper care of your feet, inspecting them daily, and after exercise, avoid exercise in extreme heat and cold, and during periods when your sugar levels are poorly controlled.

Again, **consult your doctor** as, in addition to the many benefits, there are some potential complications of which you should be aware.

Thanks to Sue Ripley, Haliburton Hospital, for her help in preparing this article.

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The Ancient Art of Qigong

The graceful rituals of a many thousand year old tradition are re-enacted, once again, this day.

In the midst of a snowy Haliburton morning there's a gentle convergence occurring. From all directions, women of a certain age emerge from the swirling precipitation, and funnel into the entranceway of an airy main street loft overlooking Head Lake.

The stamp and bustle involved in arriving anywhere in winter, are soon replaced with the low hum of companionable conversation. Greetings are exchanged, and a few grumbles about the weather, before a circle forms and the graceful rituals of a many thousand year old tradition are re-enacted, once again, this day.

It's a weekly qigong (pronounced chee gung) session for seniors. As instructor Linda Shadbolt explains, the term combines the Chinese word for "energy" (or qi) with that for work (gong). A close relative of the better known tai chi, qigong is a venerable system of exercise which mixes gentle movement, breathing, sound and meditation, and strives to promote body awareness, increase energy and cultivate grace. It is considered an excellent exercise regimen for senior citizens, because it can be geared to any ability, and can be practised standing or sitting in a chair.

In the spirit of "body awareness," each session opens with a short discussion of a major organ—today, the liver. A brief description of the ancient Chinese understanding of the liver and its functions is accompanied by a self-administered foot massage, stressing pressure points associated with that organ, as well as others considered important to the proper flow of energy through the body.

The session then progresses through a series of slow breathing and stretching exercises. Practitioners are encouraged to produce their own sounds (usually a sonorous "ahm") to help release tensions from the body. Linda, the very picture of calm and focused serenity herself, gently prompts with a recitation of a series of metaphors for positive sensations and related movements. For example, certain hand movements are depicted as "swallows skimming over the lake." Members are asked to imagine themselves as a deer, peering out into the field through a thicket of fingers, or to be a "banana coming out of its peel."

Part memory aid, this mental imagery also contributes significantly to the desired quality of the movement, and represents a good work-out for the imagination, as well as the body.

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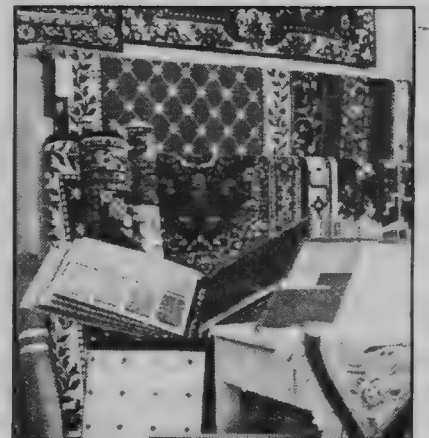
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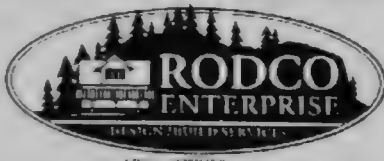


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A black and white photograph of an elderly man with a mustache, wearing a dark, buttoned shirt. He is gesturing with both hands raised near his head, palms facing outwards, as if explaining a concept or emphasizing a point. The background is light and slightly out of focus.

Note: In addition to regular weekly classes, there are plans to run a 5-week, outdoor session of Qigong, in Head Lake Park, beginning in July, 2000.
For more information contact Linda Shadbolt, The Yoga Loft, 457 3121.

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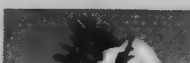
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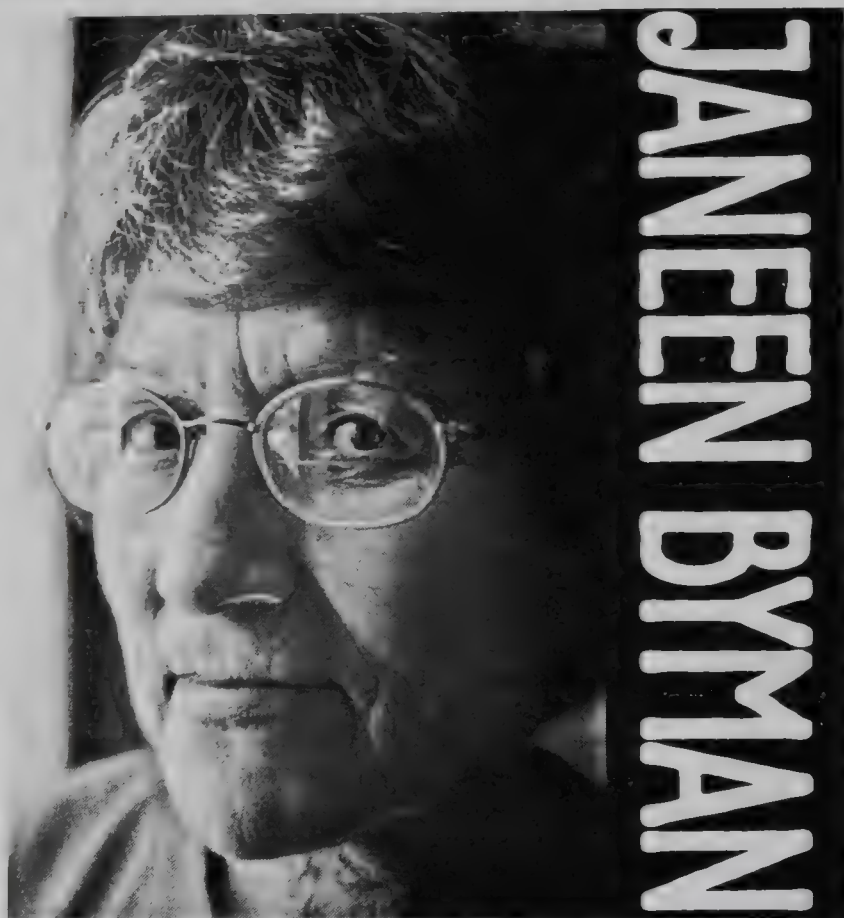
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Seniors in Action
by Kerry Riley

In this, our first anniversary "Seniors In Action" profile, we once again shine an appreciative spotlight on a senior member of Haliburton County, who, in retirement, continues to put a lifetime's worth of knowledge and skills to use for the benefit of her community.



Unlike many recent arrivals to the Highlands, when **Janeen Byman** moved here, from Mississauga, in 1995, the prospect of weathering a Haliburton winter held no terrors for her. As a child, she had spent her winters in Lac Du Bonnet, a small community north of Winnipeg, Manitoba. \By that standard, she's retired to the banana belt.

"Here" for Janeen is a thirty- year- old home, built on the site of an old girl's camp, on Paint Lake, near Dorset. Although the family did, for years, use the house as a cottage, she stresses, it was built to be a full-time, year-round home. "We always knew where we'd end up," she states, with certainty.

When the Municipality of Sherbourne was approached for suggestions for suitable local "Seniors in Action," candidates, the response was quick and confident: "Call Janeen," they advised, "she's done an awful lot around here."

Janeen, herself, though, is a bit taken aback - uncertain that she's done anything to warrant an article, sure that there are others more deserving, surprised that anyone was paying attention. A self-described

"We always knew where we'd end up,"

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way, describing pet projects, past and present – effortlessly charting the vast, interlocking tangle of her interests, enthusiasms and involvements.

Just off the top of her head, Janeen (when prompted) lists endless fund-raising and organizing activities for the Dorset Community Policing, the Fire Department, and the Dorset Seniors' Club, of which she's president. She's also vice-president of Zone 39 of the United Senior Citizens of Ontario, and recently attended a large convention as their representative. Then there's volunteer work with the Minden OPP and the Paint Lake Association (she's currently Treasurer, and past Vice President and Secretary) and the Children's Wish Foundation—oh yes, and fund-raising for a Huntsville nursing home, the local snowmobile club and the school. Then, of course, there's volunteer driving for Home Support Services. Don't forget membership in the "group of thirteen," – a team of local volunteers who worked for one whole year organizing Dorset's New Year's Eve Millennium party, complete with fireworks and champagne. "Everyone in Dorset is still talking about it," she confides, with genuine glee. "We were not, primarily, out to make money," she explains. "We kept the price down deliberately so everyone could come." Nevertheless, make money they did – there are plans to hand over the proceeds at an upcoming March meeting. Janeen hopes that it can be used to erect much needed road signs, announcing the entrance to the village of Dorset from Highway 35.

Although she is also proud of her successful two-year effort, along with fellow resident Herb Hickling, to have the damaged Paint Lake bridge restored, her finest hours, and her greatest triumph (to date) involved the purchase of a rescue boat for the Dorset Fire Department. As Janeen explains, Dorset, situated on the mighty Lake of Bays, has probably as much water traffic as road traffic, in the summer. "We needed a rescue boat," she insists, "but it's not so easy in today's money-tight atmosphere." When the Fire Department bought a Langford Cedar Strip Canoe (at a reduced rate) to raffle as a fund-raiser, she took on ticket sales as a personal crusade.

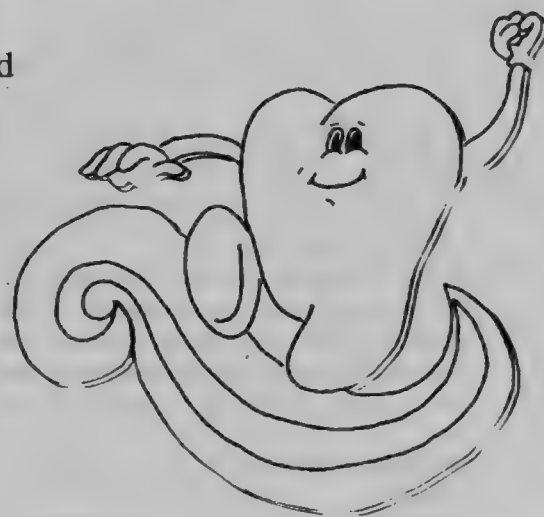
To help get people's attention, the Fire Department mounted the canoe on top of the original Dorset fire truck—a little jeep, circa 1940's. "I spent one whole summer on the street corner by the general store, under that canoe, selling tickets." "It was a wonderful time," she confesses. "It wasn't long before I knew everyone in the town, and all their stories—and they, mine."

continued next page

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continued from page 18

"Tickets were sold to visitors from every corner of the world." "We attracted quite a crowd, one day, when another lady and I staged an impromptu fashion show-on-the-street featuring fire department T-shirts. "I'm not always a completely sensible person," she confides with a delightful chuckle. This story has a fairytale ending, complete with a ball—or at least a pig roast.

Sufficient money was raised to purchase the rescue boat. Plans were made to unveil it at the Fire Department's annual end-of-summer pig roast, the undisputed social event of the season. "I was happy enough about that," says Janeen, "but then someone led me over for the unveiling, and guess what?— they'd named the boat the Janeen B!" "I was in tears," she laughs. "Everybody was in tears!"



JANEEN B. AND THE "JANEEN B."



"I like people, I like talking to them and being around them"

"There's never any expectation of recognition, you know," she says -- a claim amply borne out by her surprise at being considered for this feature. "I like people, I like talking to them and being around them," she offers, as she tries to explain why she gives so much time and effort to her new community. When I left my last (paying) job, I knew it was time for me to stop working, but I wasn't ready to sit at home and watch TV."

Not one to dwell on the past, or even, for that matter, for long on the present, Janeen is busy planning strategy for her next project. "Dorset needs a nursing station," she announces firmly, "along the lines of the facility in Wilberforce." "It's forty-five minutes to the nearest hospital,"-- a long ride, she explains, her voice a mixture of indignation and compassion, for someone ill or in pain. "This is a big one," she admits, "but somebody has to start." Without diminishing the scope of the problem, after talking with Janeen, we have little doubt she'll be there at the finish, as well.

Get Organized! Spring Car Care Keeping the Wheels Rolling

By Peter Jenkins, Service Manager, Keaney Chrysler, Minden

Yes, Spring is here! The days are longer than the nights, the leaves are on their way back, and soon we will be thinking of a nice long drive in the country, on a sunny day. Now that I have everyone feeling all warm and fuzzy, I have to add that it would put quite a damper on your plans if you were to have an unfortunate breakdown on such a lovely trip. Picture yourself cruising down the road in the middle of nowhere, and all of a sudden your engine starts to overheat, or worse, the engine dies, and won't restart. Not a pleasant thought, but it can happen to the best of us.

Simple, proper, routine maintenance can go a long way in preventing the scene described above. Make a point of bringing your vehicle into a qualified repair garage or dealership you trust every three months or 6,000 km (whichever comes first). Besides an oil and filter change, request that your mechanic check your tires, steering, exhaust, suspension, lights and fluid levels. Have your tires rotated every six months or 12,000 km. This will not only extend the life of your tires, it will also give your garage a chance to look at your brakes more frequently, and catch small problems before they become larger ones.

At various intervals, depending on your vehicle's make, model and year, other parts such as spark plugs, air and fuel filters, and fluids such as engine coolant (anti-freeze) and transmission fluid should be inspected and topped-up or perhaps replaced. Ask your garage to provide you with a detailed routine maintenance schedule designed specifically for your vehicle.

Another important item that should definitely be checked before the hot weather arrives is your air conditioning system. Having an air conditioning performance inspection in April or early May could save you money and a lot of aggravation. A leaking seal or hose that is found before it blows out could save you hundreds of dollars. Also have you ever tried to get a broken air conditioning system fixed in June or July when its 30 %C (+) outside? The parts are usually back-ordered, and your garage is booked a week or two in advance.

Trust me, book early!

Proper routine maintenance won't guarantee that your vehicle won't breakdown, but it sure betters your odds.

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Life is hard on your BONES

Rosie Kadwell

Public Health Dietician, Haliburton, Kawartha, Pine Ridge District Health Unit.

Osteoporosis is a bone disease affecting mainly men and women over the age of fifty. Bones become brittle and porous and can break very easily. Even a tight hug or cough can break someone's bones if they have osteoporosis. People with osteoporosis have lost too much calcium from their bones. Calcium is the mineral that gives bones their strength and flexibility.

Are You at Risk?

The more risk factors you have, the greater your risk of developing this disease. Check all the factors below that apply to you.

- ☐ female
- ☐ age fifty or older
- ☐ past menopause
- ☐ prolonged hormonal imbalances
- ☐ ovaries removed, or menopause by age forty-five
- ☐ not enough calcium or vitamin D in your diet (see list of foods high in these nutrients)
- ☐ little physical activity
- ☐ family history of osteoporosis
- ☐ thin, small-boned
- ☐ white or Eurasian ancestry
- ☐ smoker
- ☐ caffeine (more than three cups a day of coffee, tea or cola)
- ☐ alcohol (more than two drinks a day)
- ☐ excessive use of certain medications (cortisone, prednisone, thyroid hormone, anticonvulsants, aluminum-containing antacids)

TOTAL: If you've checked four or more risk factors, you may want to consult a health professional about your risk of getting osteoporosis.

How Do I Reduce My Risk Factors?

The good news about osteoporosis is that it can be prevented in most cases. Osteoporosis can also be treated in many people. There are some lifestyle choices you can make to help prevent the disease. The Osteoporosis Society of Canada recommends that adults over the age of fifty need 1,000 to 1,500 mg. of calcium and 400 to 800 IU (international units) of vitamin D every day to preserve bone mass and reduce the risk of fracture.

To get this amount: Eat a balanced diet, following Canada's Food Guide

Eat foods high in calcium (see list below)

Eat foods fortified with vitamin D

Limit your intake of alcohol and caffeine

You should also: Stop smoking

Be active – brisk walking, low impact aerobics and dancing will keep your bones strong. Make physical activity part of your daily plan

Good Sources of Vitamin D and Calcium

The best sources are dairy products. Listed below are some dairy, and non-dairy sources of these two important nutrients. Add up how much you had yesterday. Did you get enough?

Calcium

Dairy Sources

plain yogurt, 3/4 c	345 mg
milk, 1 c	314 mg
fruit yogurt, 3/4 c	264 mg
hard cheese, 1 1/2 oz.	310 mg
skim milk powder, 1/4 c	220 mg
ice cream, 1/2 cup	85 mg

Non-Dairy Sources

Soy beverage, fortified w/ calcium	300 mg
Sardines (with bones) 7 medium	300 mg
Salmon, with bones, 1/2 can	242 mg
Tofu, 1/2 cup (made with calcium)	150 mg
Broccoli, 1/2 cup cooked	90 mg
Dried beans, 1/2 cup	75 mg

Vitamin D*

Milk, 1 cup	100 I.U.
Skim milk powder 1/4 cup	75 I.U.
Margarine, 2 tsp	55 I.U.
Egg Yolk, 1	25 I.U.

*only milk contains added vitamin D. Cheese, yogurt and other milk products are not fortified with the vitamin.

Try this calcium-rich recipe for a tasty change. Just serve after a bowl of vegetable soup for a light meal.

Apple-Cheddar Bread Pudding

4 slices whole wheat bread, cut in squares
1/4 cup (50 ml) raisins
2 apples, cored and coarsely chopped
3/4 cup (200 ml) grated cheddar cheese
2 eggs
1/2 cup (125 ml) milk
1/4 cup (50 ml) maple syrup
1/4 tsp. (1 ml) cinnamon

Preheat oven to 350 °F (180°C). Combine bread with raisins, apples, and cheese. Put in a greased 5 x 9 inch (13 x 23 cm) glass loaf dish. Beat eggs with milk, syrup and cinnamon. Stir into bread mixture. Bake, uncovered, 40 minutes or until knife inserted in centre comes out clean. If top browns too quickly, cover loosely with foil. Serve warm.
Serves 4
280 mg. calcium per serving

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Photo: R.D. Lawrence

WILDLANDS LEAGUE HAS GROUPS HOWLING

By Steve Galea / Special to the Echo

THEIR EYES POSSESS a predatory intelligence and raw wildness rare in other animals. Few people are unaffected by their haunting, primordial howls echoing beneath a full moon. They are the subject of superstition and fairy tales. Is it any wonder that wolves invoke such strong emotion?

People who know wolves either love or hate them - there seems to be no in between. As a result, managing them has always been a contentious issue. Some would place a bounty on them, others would make them untouchable.

Recently, on February 15, a diverse group of stakeholders gathered in Dorset for a four-day workshop that focused on Algonquin Park's wolves and their habitat. Cattlemen, trappers, hunters, biologists, environmentalists, aboriginals, fur managers, and ordinary citizens were invited.

Deborah Freeman, Algonquin Park Watch Program Co-ordinator for the Wildlands League said, "All were asked to check their hats at the door and enter with an open mind."

The workshop's objective was to file a report to the Algonquin Wolf Advisory Group for consideration in an Adaptive Management Plan that provides for long-term survival of Algonquin's wolves.

At the heart of the matter is a declining wolf population and a controversial question of genetics. Algonquin Park biologists estimate current numbers fluctuate around 150 animals. Some, such as Dr. Brad White of McMaster University, believe that these wolves are identical to the endangered red wolf found in the United States. But not everyone is so sure.

Ontario Federation of Anglers and Hunters Biologist Ed Reid attended the workshop. He wonders if these animals are red wolves or just a species in transition. Reid says, "We started with the assumption that the Algonquin wolf population was an island, isolated from all else. But they are not. There are outside genetic influences from coyotes and other canids."

Deborah Freeman advocates Dr. White's red wolf theory but concedes that others see the genetic waters as muddled. She admitted that a pure-strain label on these animals would provide a higher profile and urgency to act. "Yet, even if they weren't, this doesn't make them any less important," she added. Algonquin Park Naturalist Rick Stronk summarized the political reality of the genetic issue: "Hybrids get less protection."

Hybrid or unique species, the wolves are a symbol of the park which draws 500,000 people annually. Many come to see or hear them. "There's a strong interest in wolves," Stronk says. "Wolf Howling programs attract as many as 2,000 people at a time."

While the conference recommendations are still being assembled, the Wildlands League has assailed the media with their take on the gathering. (OFAH in particular expressed surprise at this since participants were asked to curtail media activity under the MNR press release.) Biologist Maria D'Almeida, the MNR organizer for the conference, felt that it was "inappropriate for the Wildlands League to comment before the report. Their views are not necessarily representative of the conference." D'Almeida also cautioned that the conference is only tasked to make recommendations and that The Algonquin Wolves Advisory Group decides on the rest.

The Wildlands League maintains that this wolf population is on the verge of collapse. Freeman said that without changes, these predators will be extinct within 40 years. She says, "This matters. If wolves are gone, coyotes step in and they tend to prey on smaller animals, affecting the whole ecosystem differently. Wolves belong in Algonquin Park." She points to studies by John and Mary Therberge from the University of Waterloo, which conclude that 66% of Algonquin Park wolf mortalities are caused by humans. According to the studies, these deaths occur when wolves follow deer to wintering yards beyond the protection of the park. Chief causes of death have been shooting, snaring, and trapping.

People who know wolves either love or hate them - there seems to be no in between. As a result, managing them has always been a contentious issue. Some would place a bounty on them, others would make them untouchable.



Since 1993, a ban on these activities has been in effect in Hagarty, Richards, and Burns Townships. The prohibition runs annually from December 15 to March 31 to coincide with the time that deer yard up in these areas. The Wildlands League believes this has been marginally effective and Freeman would like to extend the ban to all townships falling within 10 kilometres of the Park.

Larry Hewitt, President of the Haliburton Highlands Outdoor Association, a group representing 375 trappers, hunters, and anglers, calls this as an attempt to eliminate hunting and trapping in and around the Park and expand its boundaries.

"The Park is big enough already," said Hewitt. "If we give them this buffer zone, hunting and trapping will be at risk there too."

Hewitt worries that other hunting restrictions, especially hunting with dogs, will follow. More than anything, he disputes the Wildlands League's statements on the impact of wolves on the deer herd.

One Wildlands League circulated package claims that in 1991 Algonquin Park wolves killed 80 deer. It credits Ministry of Natural Resources research but does not reference the study or define parameters. Hewitt said these numbers are ridiculously low and dismisses the figure as "propaganda."

Hewitt's accusation is supported by research from famed MNR Biologist George Kolenosky. His 1972 report, entitled Wolf Predation on Wintering Deer in East Central Ontario, reported that individual wolves consume, on average, 15 adult-sized deer per year in areas where moose and beaver also exist as prey. Twenty in areas without. He added that most deer predation is in winter yarding areas.

Using these figures, an estimated 2,250 deer would be taken annually by the current Park packs.

Freeman said that the Wildlands League is not an anti-hunting organization, but does believe that, "Our provincial parks are supposed to protect wildlife." As such the group would like to see all hunting, and trapping curtailed within the Park boundaries. Currently, hunting is permitted in Clyde and Bruton Townships (part of Haliburton

County) until 2017. Freeman said her organization will wait it out.

While no one disputes that wolf numbers are in decline, many question the Wildlands League's conclusions which are based on the Therberges' research.

Reid said, "While Therberges' study of the eastern part of the Park does indicate a decline, it doesn't demonstrate a trend towards extinction. We know that the prey population is declining and wolf numbers tend to follow.

"Therberge's data is based on the east side of the Park and isn't definitive. His data does give cause for concern though."

Stronk said, "In the 1960s, the wolf population was double what it is now, but there were more deer as well."

He said the decline of deer in the Park is due in part to maturing habitat. Deer are browsers that thrive in young forests.

When asked about the Wildlands League's buffer proposal, Reid said, "If it could be demonstrated that reduction in hunting and trapping mortality outside the park is needed for wolf conservation, hunters and trappers would support this. But it hasn't been demonstrated. We feel habitat management and protection favouring wolf and deer within the park is more important. Let's rehabilitate yarding areas within the park and see what happens."

The report should be ready in two months. Until then, the question remains. Does the Wildlands League have legitimate concerns? Or are they just crying wolf?

Wilberforce skaters prepare for Millennium Celebrations

The Monmouth Figure Skating Club is busy putting the finishing touches on costumes, props and scenery for the annual carnival which takes place on Saturday, March 25 at 7 p.m. at the Monmouth area.

The skaters are practising hard for this opportunity to show family and friends all the new skills they have developed. Judy Cumming of the club hopes everyone will enjoy the skaters' interpretations of "Millennium Celebrations". Always an enjoyable evening! Do support the youngsters in this once-a-year effort.

Also, part of celebrating the year 2000 (millennium or not!) is the Musical Variety Night this Friday, March 17. Presented by the Monmouth Millennium Committee, this special evening with lots of musical talent begins at 7:30 p.m. at the Lloyd Watson Memorial Centre. Save a dollar by getting your ticket ahead of time at Agnew's

for this fundraiser for park and playground improvements.

Sorry for spelling error of the late Dr. Frain's name last week.

Once again the community has been shocked and saddened. The Reverend

Barbara McMath, wife of Robert McMath, minister of the Wilberforce and Gooderham United Churches died very suddenly last Thursday, March 9, 2000, at Kingston, Ontario. Barb was the minister of the United Churches in Trent River and Havelock, where they lived. Sincere condolences are extended to Bob and his family as well as to the members of both Bob's and Barb's congregation, their church families.

The Wilberforce Heritage Guild members were pleased that so many people enjoyed the Pancake Supper on Shrove Tuesday at the LWM Centre. Thankfully many wonderful volunteers helped out with all the tasks involved with the meal preparation, presentation and clean-up.

After supper draws were held for five prizes in the Guild's Raffle. Thanks to prize donors noted in brackets. Afghan won by Bill Vickery (donated by Marlene Robertson); decorative broom: Alfretta O'Rourke (Judy Johnson, donor); fabric art picture: Sally Stirling (Gill Stephen, creator and donor); teddy bear: Judy Johnson (Hilda Clark); gift certificate for a copy of "Mustard Plasters and Handcars": Fred Taylor (WHG).

Hosted by her family, a fine party was held to celebrate the 80th birthday of Mrs. Alfretta O'Rourke.

Though her birthday is a little later this week, the festivities took place at her home here on Sunday, March 12, 2000. Many family members and friends attended, bringing best wishes and enjoying time and refreshments together.

Best wishes to Janette French and Frank Packard who were married on Saturday, March 11, in Harcourt.

The annual Business Bonspiel was held at the curling

club here on March 11 and 12. Next weekend the Keith Cameron (men's) spiel is scheduled. Most leagues are winding up schedules and starting playoffs.

What a super job Val French is doing, not only directing with patience and creativity, the Loop Troupe's play "Alice", but also designing and making some of the scenery. Only two-and-a-half weeks to show time: March 31 and April 1.

community news

wilberforce

Hilda Clark
448-2018



Tammy Lee, daughter of Gary and Jill Lee of Wilberforce, graduated from Guelph University on June 9, 1999 with her Honours BA in Psychology. While attending Guelph, she received the National Co-op Student of the Year award. She is now continuing her education at Western University in London, working towards her Masters of Clinical Science in Occupational Therapy.



Robin Lee-Filtos, daughter of Gary and Jill Lee of Wilberforce, graduated from York University on June 17, 1999 with her BA in Psychology and Bachelor of Education. She is now teaching junior and senior kindergarten in Richmond Hill, Ont.

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— Peterborough Examiner, 1952

On Wednesday, March 22, Curtain Up! will open at the Northern Lights Performing Arts Pavilion in Haliburton. For four nights, the Eastern Ontario Drama League's Full Length Play Festival will delight and entertain audiences. Hosted by the Highlands Little Theatre, Curtain Up! will feature performances from four of the following community theatre groups from Eastern Ontario – Belleville Theatre Guild, Wake of Jamey Foster; Tara Players, Ottawa, A Touch of the Poet; Quinte West Theatre Guild; On Golden Pond; Peterborough Theatre Guild, With Death Court (an original script); Domino Theatre, Kingston, Playboy of the Western World; and Lindsay Little Theatre, The Inheritance (an original script).

Pre-adjudication is currently being conducted with the above groups and we eagerly await the results. During Curtain Up!, each production will be professionally judged and the winner of the EODL Festival will advance to Theatre Ontario.

Tickets are currently available at Cranberry Cottage in Haliburton. The cost is \$15 per play or all four plays for \$50. All prices include the Green Room. For ticket information, please call Caryl Moulton at (705) 754-1919. For further information regarding Curtain Up!, please call Donna Gagnon at (705) 457-1885.

Volunteers' hard work pays off

The following is the annual review of the Wilberforce & Area Police Volunteer Association for 1999

WAPVA patrol and property checks programs in the Wilberforce and Harcourt area over the past twelve months once again kept things relatively quite on the crime front. This is due to hard work by a lot of members and also being alert by keeping their eyes and ears open and to call in when it was needed.

The overall activities log shows 53 incidents which resulted in response by the members. This year's total number of calls is down from last year's 76. Night patrollers reported 12 incidents. Eight accidents were reported and two domestic problems for which police were called. The association received seven calls from the OPP for assistance and all

were responded to. There were some calls re alarms going off on which members responded.

Incidents requiring further investigation were reported to police in detail to OPP Minden which were followed up with appropriate action.

The association purchased an all terrain vehicle this year. Thanks to all of you for your support and donations, and also the Haliburton and District Lions Club and Wayne's World for their donations. It is stored at the fire hall for them to use in time of need and also for the OPP. This vehicle greatly enhances cottage check operations, and patrolling cottage roads.

This year the members tagged and checked some 1,500 places and the association would like to thank all of you for your help and time

involved.

The roast beef dinner turned out to be excellent and a great success. This is our main fundraiser and we hope we can count on your support again this year. Thanks to all of the volunteers who are responsible for making this such a success. If it was not for their time and effort this would not be possible Thank you.

Please just a reminder – let's keep our ears and eyes open so that we all can enjoy a quiet and crime-free time for everybody.

Contact numbers:

Minden OPP, 1-888-310-1122.

Fire or medical, 448-2000.

WAPVA Wilberforce Area: John Goverde, 448-2179; Don Wilson, 448-2265; Pat Simiana, 448-2264.

Harcourt Area: Pat Atkinson, 448-3376; Bob Cumming, 448-3236; Dorothy Ragnar, 448-2489.

Family history centre opens in Bancroft March 18

by DON OUTRAM
Special to The Echo

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Jesus Christ of Latter-day Saints (Mormons). These centres have access to over more than 900,000,000 names and records from most countries in the world. These records include parish records, public archives, census, etc., and they are stored on computer disc and microfiche.

The centres are open to anyone. We now have one opening in Bancroft. You are invited to attend the opening ceremonies on March 18 at 1 p.m., 51 Hastings St. N., on the main street across from the Scotia Bank (red awnings over front windows).

The open house will be from 1 - 5 p.m., which will include information and demonstrations about all the workings of a Family History Centre along with pamphlets, and lessons booklets "Where Do I Start".

Opening hours to begin with will be on Wednesdays from 1 - 9 p.m. There is no charge except for the mailing charges for records. A patron could order these to further his or her own records.

You may call the branch at (613) 332-9878, or Pat Hamilton at (613) 339-3094 to make arrangements to book time on the computers, or for more information.

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LADIES	Lillian Mattsson 169	Jean Pugh 269	Jean Pugh 324	Jean Pugh 604	Jean Pugh 796
WED MARCH 1					
MEN	Ken Thompson 234	Ken Thompson 269	John Whitty 294	John Whitty 704	John Whitty 806
LADIES	Marie Thompson 189	Jacque Chamberlain 240	Jacque Chamberlain 299	Jacque Chamberlain 676	J. Chamberlain 853
THURS MARCH 2					
MEN	Ken Thompson 227	Fred Gregory 264	Larry Arena 325	Ken Thompson 697	Larry Arena 763
LADIES	Josie Cheesman 175	Josie Cheesman 256	Josie Cheesman 296	Josie Cheesman 583	Josie Cheesman 703
TUES MARCH 7					
MEN	Ken Thompson 229	Gord Everall 329	John Pugh 367	Gord Everall 833	Gord Everall 923
LADIES	Lillian Mattsson 169	Jean Pugh 269	Jean Pugh 324	Jean Pugh 604	Jean Pugh 796
WED MARCH 8					
MEN	Ken Thompson 235	Ken Thompson 328	John Whitty 283	Ken Thompson 754	Larry Arena 723
LADIES	Marie Thompson 189	Marie Thompson 228	Jacque Chamberlain 271	Marie Thompson 590	J. Chamberlain 709
THURS MARCH 9					
MEN	Ken Thompson 227	Doug Burtch 254	Bill Hogg 288	Ken Thompson 720	Ross Henderson 730
LADIES	Josie Cheesman 177	Josie Cheesman 264	Marlene Welch 268	Josie Cheesman 665	Marvel Eager 739

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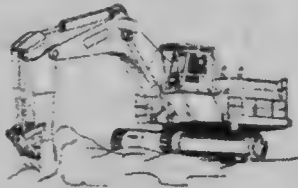
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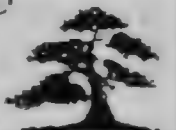
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**The County of Haliburton
ROADS DEPARTMENT
Box 880, Minden, Ontario K0M 2K0
LOAD RESTRICTIONS**

As per By-Law 2216, County Roads #1 to 9, 11 to 20, 507 and 648 South (Dyno Mine), shall be posted and enforced for five tonne per axle load restrictions as soon as conditions warrant and signs have been erected.

County Road #10 will be restricted to a 40 km./hour speed limit for fully loaded trucks during the restricted load period.

Mr. Leslie Shepherd, CAO/County Engineer
Mr. Jim McMahon, Road Committee Chairman



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For the **County Administration Building** and the **Registry Office** in the Town of Minden.

Contract forms are available at the County Office on St. Germain's Street in Minden.

Contracts to be returned by **April 3, 2000, 2:00p.m.**

For more information and viewing, please contact:

Mrs. Shirley Kirk, Administration
705-286-1762 / 1766



**County of Haliburton
ROADS DEPARTMENT**

Phone 705-286-1762

Fax 705-286-4881

TRUCK and EQUIPMENT OWNERS

Registration Forms for Tandem and Tri-Axle Trucks are now available at the County Roads Department for the 2000 Construction season.

Quotation Forms are also available to list Equipment for Hire. Lowest or any Quotation not necessarily accepted.

Forms to be received at the Roads Department Office, on St. Germain's Street in Minden, no later than: **Thursday, April 6th, 2:00 p.m. local time.**



**The Haliburton Highlands Mental Health Services
invites applications for the position of
MENTAL HEALTH COUNSELLOR/CASE MANAGER**

An opening for a permanent part-time counsellor exists in our Mental Health Services program serving consumer/survivors of serious mental illness in Haliburton County and surrounding area. The counsellors will provide a range of services including individual, couple, family and group therapy, as well as generic case management.

Qualifications:

- Degree in Social Work, Psychology, or related discipline (preferred)
- Significant experience and training in the area of severe mental illness
- A suitable combination of academic background, work experience, and relevant training may be considered
- Understanding of rural issues and the willingness to locate in Haliburton County

Please mail or fax your resume to:

Foster Loucks, Executive Director
P. O. Box 115, Haliburton, Ontario K0M 1S0
Fax: 705-457-1071

Deadline is March 31, 2000.



TRAILS AND TOURS COORDINATOR

The successful candidate will coordinate activities of the Network including:

- the Board of Directors and working committees
- specific trail projects
- membership and partnership development
- volunteer program
- marketing, communications and fundraising

The successful candidate will have the following qualifications:

- proven organizational and project management skills
- marketing and public relations skills
- effective oral and written communication skills
- trail and/or tour related experience

Interested candidates are invited to submit a resume with a cover letter before 4:30 p.m. on March 27 to:

Haliburton Highlands Trails and Tours Network
c/o Haliburton Highlands Chamber of Commerce
P.O. Box 147, Minden, ON K0M 2K0
Phone: 705-286-1760, 1-800-461-7677
Fax: 705-286-6016

info @ trailsandtours.on.ca www.trailsandtours.on.ca



NOTICE

WHEREAS the Council of the Corporation of the United Townships of Dysart et al has by resolution declared a portion of a shoreline road allowance in front of Part of Lots 15 and 16, Concession 10, and in front of the original road allowance between Lots 15 and 16, in Concession 10, on Haliburton Lake, in the geographic Township of Harburn, in the Municipality of Dysart et al, in the County of Haliburton to be surplus.

NOW THEREFORE NOTICE IS HEREBY GIVEN that the Council of the Corporation of the United Townships of Dysart et al proposes to enact at its regular meeting to be held on Monday, April 10th, 2000, a by-law to close, stop-up and convey part of the said shoreline road allowance.

WHICH SAID PARCEL or tract of land is illustrated and shown as Parts 4, 5, 6, 7 and 8 on a preliminary plan of survey, prepared Paul Wilson, O.L.S., and dated September 7th, 1999, being available for inspection in the office of the Township Planner at the Municipal Office in Haliburton, Ontario.

BEFORE PASSING the said by-law at its meeting to be held as noted above, the Council of the Corporation of the United Townships of Dysart et al shall then and there hear in person or by his counsel, solicitor or agent, any person who claims that his land will be affected by the said by-law.

ADDITIONAL INFORMATION is available for review from the Planning Department at the Municipal Office during regular office hours (9:00 a.m. to 5:00 p.m., Monday to Friday).

DATED at the Township of Dysart, this 23rd day of February, 2000.

Patricia E. Martin
M.C.I.P., R.P.P.
Township Planner



NOTICE

WHEREAS the Council of the Corporation of the United Townships of Dysart et al has by resolution declared a portion of a shoreline road allowance in front of Part of Lot 9, Concession 11, on Lipy Lake, in the geographic Township of Guilford, in the Municipality of Dysart et al, in the County of Haliburton to be surplus.

NOW THEREFORE NOTICE IS HEREBY GIVEN that the Council of the Corporation of the United Townships of Dysart et al proposes to enact at its regular meeting to be held on Monday, April 10th, 2000, a by-law to close, stop-up and convey part of the said shoreline road allowance.

WHICH SAID PARCEL or tract of land is illustrated and shown as Part 1 on a preliminary plan of survey, prepared H. Curry Bishop, O.L.S., and dated December 20th, 1999, being available for inspection in the office of the Township Planner at the Municipal Office in Haliburton, Ontario.

BEFORE PASSING the said by-law at its meeting to be held as noted above, the Council of the Corporation of the United Townships of Dysart et al shall then and there hear in person or by his counsel, solicitor or agent, any person who claims that his land will be affected by the said by-law.

ADDITIONAL INFORMATION is available for review from the Planning Department at the Municipal Office during regular office hours (9:00 a.m. to 5:00 p.m., Monday to Friday).

DATED at the Township of Dysart, this 23rd day of February, 2000.

Patricia E. Martin
M.C.I.P., R.P.P.
Township Planner



**NOTICE OF PUBLIC MEETING
PROPOSED AMENDMENTS TO
ZONING BY-LAW 77-32
MUNICIPALITY OF DYSART ET AL**

DATE: Monday, April 3rd, 2000
TIME: 1:00 p.m.
LOCATION: Council Chambers, Municipal Office, Haliburton, Ontario

APPLICATIONS:

- 1. LANDS OF CANADIAN HALIBURTON ESTATES INC.**
• **Purpose and Effect:** to permit the creation of 5 additional lots for seasonal residential purposes.
– Zone change from "RU" to "SR" and "RU-4".
• **Location:** Part Lot 27, Concession 13, Guilford Township (Redstone Lake).
• This is a condition of Application for Consent H-178/99 to H-182/99.
- 2. LANDS OF HOLLAND**
• **Purpose and Effect:** to recognize a Rural Residential Lot.
– Zone change from "SR" to "RR-___".
• **Location:** Part Lot 1, Concession 5, Dysart Township (Kashagawigamog Lake).
• This is a condition of Application for Consent H-719/99.

3. LANDS OF THOMAS

- **Purpose and Effect:** to permit the creation of 1 additional lot for seasonal residential purposes.
– Zone change from "RU-4" to "SR".
- **Location:** Part Lot 26 & 27, Concession 3, Harcourt Township (Elephant Lake).
- This is a condition of Application for Consent H-723/99.

4. LANDS OF BAIN

- **Purpose and Effect:** to permit the use of the lands for a gravel pit.
– Zone change from "RU" to "MX".
- **Location:** Part Lot 24, Concession 4, Dysart Township (County Road 3).

• **IF A PERSON OR PUBLIC BODY** that files an appeal of a decision of the Municipality of Dysart in respect of the proposed zoning by-law does not make oral submissions at a public meeting or make written submissions to the Municipality of Dysart et al before the proposed zoning by-law is adopted, the Ontario Municipal Board may dismiss all or part of the appeal.

• **FURTHER INFORMATION:** is available from the Planning Department at the Municipality Office during regular office hours (9:00 a.m. to 5:00 p.m., Monday to Friday) or by phoning 705-457-1740.

DATED this 8th day of March, 2000

Patricia Martin, Planner



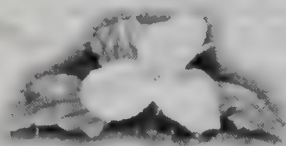
SHRINERS HELP APPRECIATED

Algonquin Shrine Club ATV Unit, the Rockhounds, show off a certificate given the club in recognition of the club's \$1,500 contribution to the Shriners Hospital for Children. The money was raised through a canoe raffle in 1999. The unit is now selling tickets for a draw with prizes including a TV-VCR and a barbeque. Tickets will be available at the Haliburton Home Show this spring. From left are Paul Johnson, Paul Pearce, Andy Gray, Dean Linton and Murray Davis. For more information about the club, please call Ron Mark at 457-9559.

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community calendar

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- Mar. 14: Join Home Support's *Wheels to Meals* at Gooderham Community Centre, 12 noon. Additional information, call 457-2941.
- Mar. 15: *St. Patrick's Day Stew & Biscuit Luncheon*, Haliburton Legion Hall, 11:30 - 1:30 p.m. Adults \$5, 10 & under \$3.50. A Haliburton Hospital Auxiliary Fundraiser.
- Mar. 15: 1st Lent - 12 noon, *"What is Sin?"*, The Rev. Terry Wicks, Minden Bible Church. Presented by the Minden-Kinmount Ministerial Association, half-hour service followed by a Tooney Lunch (soup and sandwich). Film in 5 parts after lunch, proceeds from lunch to St. Paul's Rebuilding Fund and of the film to the local Food Bank.
- Mar. 16: Haliburton Highlands Field Naturalists, *"A Visit to the Volcanoes of Hawaii"* video presentation by Margery Cartwright, Haliburton Museum, 7:30.
- Mar. 16: Haliburton Legion 50 Plus Club *St. Patrick's Dinner & Social*, 4:30 - 9:00 p.m. Members \$5, Guests \$7. Sign list in curling club or call Ethel, 457-9364.
- Mar. 17: Millennium Celebration Committee presents *Musical Variety Night*, at 7:30 p.m., Lloyd Watson Centre, Wilberforce, Ont. Featuring: Station Street Swing Band, The Gentlemen of Song, Susan Grimes, Abbe Laidlaw, John Foreman, The Haliburton Highland Twirlers, The Fitzgerald Family & Company. For more info and tickets contact Shirley Riley, 448-1518. Proceeds to park and playground equipment for Tory Hill and Wilberforce.
- Mar. 18: Legion Ladies Auxiliary *Flea Market*, 9 a.m. to 3 p.m. For more information, phone 457-1467. Proceeds to community projects.
- Mar. 18: Zion United Church in Carnarvon is serving a *St. Pat's Roast Beef Dinner* in our C.E. Building on March 18 at 6 p.m. Adults \$10, children under 12 \$5. Phone 489-1577 for reserved tickets.
- Mar. 19: 1st Lent - 7 p.m., *Lent/Easter Prayer & Praise* with "His Own", St. Paul's, Minden.
- Mar. 21: Annual meeting in the *Haliburton County Veterinary Assistance Program*. March 21 at the Minden Arena at 7:30 p.m.
- Mar. 22: *Photographers of the Highlands*: let's meet for fun, feedback and instruction at the Family Services Board room, Wed., March 22. All levels of experience are welcome. For beginners: tips for improving composition; for advanced skill levels: topic to be announced. Call Margery Cartwright, 457-9660, or Anne Dunec, 457-3615 for details.
- Mar. 22: 2nd Lent - 12 noon, *"There is Hope"*, The Rev. Dan Millard, Kinmount Baptist Church. Presented by the Minden-Kinmount Ministerial Association, half-hour service followed by a Tooney Lunch (soup and sandwich). Film in 5 parts after lunch, proceeds from lunch to St. Paul's Rebuilding Fund and of the film to the local Food Bank.
- Mar. 22: Beginning March 22, 1:30 - 3:30 p.m., an 8-Week *Assertiveness Group*. Learn effective assertiveness skills. Understand and effectively manage conflict. Set realistic and achievable goals. Learn about stress management. Recognize and avoid "blocks of assertion". Registration will be limited. Call the Canadian Mental Health Association - Community Support Program at 705-328-2798.

Events listings are provided **FREE** for non-profit groups on a space-available basis. While we endeavour to accommodate requests for publication, we cannot guarantee that all requests for listings will appear. Requests should be faxed to The Echo at 457-3275, emailed to editorial@haliburtonecho.on.ca, or brought in to the office. **NOTE:** This calendar is **NOT A COMPREHENSIVE LISTING OF ALL EVENTS** taking place in the area. Please check the classified pages, display advertising and articles appearing elsewhere in The Echo for more information on events and in the Highlands.

School board reminds parents to keep guns locked after two Grade 8 students arrested in Bracebridge

In the wake of a report of students transporting an unloaded gun to school in Muskoka, the Trillium Lakeland Board of Education says its administrators are taking decisive action to ensure a safe school environment.

The two Grade 8 students, who attend Monck P.S. in Bracebridge, were arrested by the OPP.

"The community also has a responsibility to work with the board to ensure a safe learning environment in our schools," says Paul Doiron, superintendent of schools responsible for the Muskoka area. "Bringing guns to school is totally unacceptable, and action was taken immediately to reinforce that."

"We appreciate the support of the community, and are impressed that students came forward with infor-

mation in this incident," says Evelyn Brown, director of education. "We hope this will act as a reminder to parents to keep guns locked away. Hunting is an important part of the heritage of this area, and we know responsible hunters keep their guns out of the reach of children."

Brown also urges parents to talk about guns with their children, reminding them of the potential danger involved. "If we're going to keep guns out of our schools as we have in the past, the effort must start with parents."

She encourages all parents who own guns to double-check that they are safely stored away as required by law.

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Blue Jays' chaplain speaks at local Baptist Church dinner

The West Guilford Baptist Church men organized a speaker and dinner on March 4 at the Centre. Peterborough's David Fisher heads up the chaplainry for Toronto Blue Jay's team (including farm team), previously associated with Montreal Expos, and

assists the Peterborough Petes in this aspect as well.

About 100 men attended and enjoyed the roast beef dinners supplied by the ladies of the West Guilford Baptist Church. Music

community news —

west guilford

Eleanor Cooper
754-2388

by Murray Langford of Arnprior was also appreciated by the crowd. Twelve door prizes added to the interest. They included two autographed baseballs, ball cards, books, videos and a T-shirt.

All LIFT meetings, the first Thursday of every month, are now held at the Centre. On March 2, Sue Walsh of Haliburton Gospel Lighthouse Church spoke at LIFT to about 50 ladies. Four people sang together from Guilford's Baptist Church. Linda Coneybeare's excellent travel presentation was enjoyed and appreciated by all, the account of her own travelling along with tips on how to make it all go smoothly.

March 3, 2000 saw some 40 people at the Eagle Lake Church gathered for the World Day of Prayer service. Willie Cox presented her slides and informative talk on Indonesia with insight on village life and culture.

The generous hospitality that followed over a cup of tea and goodies was much enjoyed as well.

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Wed., March 15th - "What is Sin?", The Rev. Terry Wicks, Minden Bible Church.

Wed., March 22nd - "There is Hope", The Rev. Dan Millard, Kinmount Baptist Church.

Wed., March 29th - "Faith in Action", Fr. Bill Fellion, Minden and Kinmount Roman Catholic Churches.

Wed., April 5th - "The Journey", The Rev. Richard Parker, Kinmount United Church.

Wed., April 12th - "The Day God Cried", The Rev. Peter Walford-Davis, Minden United Church.

Services will be led by The Rev. Merv Everall of the Anglican Parish of Minden-Kinmount. A soup and sandwich Tooney Lunch will follow at 12:30 p.m.

We welcome everyone.

Three young men from Glamorgan charged in cottage break and enters

The following are brief reports from the Haliburton Highlands OPP.

Three young men from Glamorgan are facing a total of 30 charges of break and enter and mischief.

The charges stem from a March 3 investigation into 11 cottages that had been broken into on Yellow Rock Road near Gooderham. Damages and thefts were estimated at more than \$30,000. Items stolen included golf clubs and a hammer, which were used to destroy property in the cottages.

The arrests were made due to the assistance of public information, police say. Charged are a 16-year-old, 19-year-old and 21-year-old.

Assault charges

A 19-year-old Dysart man was charged with four counts of assault, one count of breach of probation and one count of sexual assault.

On March 7, a 19-year-old female from Haliburton told police that her boyfriend had assaulted her. She did not require any medical attention as a result of the assaults, which police say occurred between last October and the present.

A 59-year-old Stanhope woman has been charged with assault with a weapon after she allegedly hit her 50-year-old husband on the head with an ashtray. The man went to hospital and was released after receiving stitches to his head.

Stolen vehicle recovered

A 1991 Ford Tempo stolen from the Lindsay area on the evening of March 2 was recovered on Clear Lake Road in Lutterworth on March 3 at 8:30 a.m.

The vehicle had been travelling east on

the road when it lost control, leaving the road and striking a boulder. The driver left the scene and has not been found yet. Anyone with information about this incident is asked to call the OPP at 286-1431 or CrimeStoppers at 1-800-563-8477.

Break and enters

Locks were cut off three storage sheds on a cottage property on Concession 3 in

Lutterworth. Stolen were various hand tools and a water pump

A Pioneer mini stereo system, RCA VCR, Sony portable stereo and Panasonic telephone were stolen from a cottage on Twelve Mile Lake Road in Minden.

A garden tractor, snow blower, Kawasaki 900 watt generator and a floor jack were stolen from a cottage on Buller Road in Lutterworth.

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Anne is a former legal secretary who returned to university as a mature student. She graduated from the University of Waterloo and then completed a Master's degree in Archaeology at the University of Manitoba. She has participated in archaeological digs in the Peterborough and London areas and has published on archaeological topics.

For the past five years, Anne has worked as an assistant in our offices, under our former company, Dale Austin Realty Ltd., and now with COLDWELL BANKER WILEY REAL ESTATE.

A life-time cottager on Haliburton Lake, Anne lives in West Guilford with her family. Anne looks forward to providing you with top line service for all your real estate needs.



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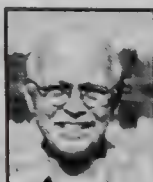
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Technology too expensive to have, too expensive not to have

MARTHA PERKINS

Editor

The following are brief reports of items discussed at the Feb. 24 meeting of the Haliburton Highlands Health Services board.

The board doesn't have the funding it would require to update its technological infrastructure, but it also can't afford not to have the technology in place.

Over the next three years, the board's "wish list" for computers and related services would cost a total of \$360,000. On top of that would be operating costs of \$37,000 for the first year, \$47,200 for the second year and \$60,600 for the third.

Funding for the Y2K bug has already contributed \$100,000 but since the board is already running at a deficit, it doesn't know how it can pay to continue the upgrading process.

However, the board is also aware that more technology is needed to provide the daily workload measurement statistics that are required when applying to the Ministry of Health for annual operating funds. "If we're not in a position to do so in the next year, when we ask for funding, if we cannot accurately describe what our workload is like, we'll get a short answer," Loucks says.

Yet at the same time, the Ministry will not fund purchases of the required technology. "The Ministry has taken a hard line because the cost is so open-ended," Loucks said.

The board's own desire for improved information systems is fourfold: internal and external communications (e-mail between the Haliburton and Minden sites only recently became available); seamless access to patient and financial information; access to clinical databases;

and decision support tools.

Even if it can find the money to improve its technology, there's still the problem of what technology to buy.

The HHHS is part of a regional group of hospitals. Four fellow hospitals, including Ross Memorial in Lindsay, share the same software program. Peterborough Regional Health Centre has a different system. Haliburton is the only member not to have any system.

"Shouldn't all five hospitals sing from the same hymn book," Loucks pondered.

Changing a system, however, is very expensive. In Peterborough it would cost close to \$7-million and in Lindsay it would be \$4-million.

When the board hesitated about making a decision to go ahead in principle with a plan outlined by a consultant, it was agreed the finance committee would ask the consultant to its next meeting, with all board members invited to attend to ask questions.

Hyland Crest

As the HHHS prepares to take over ownership of Hyland Crest, efforts have been made to ensure the HHHS makes the maximum use of existing resources and avoids duplication, executive director Foster Loucks said in his report.

"For example" he said, "Hyland Crest has made the services of Peter Fearrey available to the Haliburton site so we can integrate the staff involved in maintenance and environmental support services. This will allow, for example, a more effective system of on-call beyond what one pers at Haliburton could be expected to do..."

"It's this kind of thing we'll have to do at all levels to make our long-term care program viable."

Access centre

The Community Care Access Centre is the only organization which can admit a patient into a long-term care facility.

Since access centres across the province were closed during part of the Christmas break, the stresses on emergency departments were exacerbated when hospitals could not contact an access centre to have a patient admitted to a long-term care facility.

When Haliburton's long-term care unit is opened, Loucks hopes the hospital can be funded for 12 complex continuing care beds and three rehabilitation beds, none of which require admittance approval from the access centre. As well, this arrangement "would give us more of a spectrum to meet patients' needs."

What it costs

Michael Klejman, the Ministry of Health's regional director, broke down the daily costs of a long-term care bed: nursing and personal care, \$49.25; program and support services, \$4.93; raw food, \$4.38; and accommodation, \$37.12.

The average resident contributes \$33 a day towards the daily total of \$96.01.

Diabetes program

Provincial funding has been continued for the HHHS's Diabetes Education Network for the coming year. There may also be some other funding programs.

Walk-in clinic

On February 1, the Haliburton Family Medical Centre introduced a walk-in clinic. Asked whether this has made an impact on the number of people visiting the Haliburton Hospital's emergency department, Loucks said the number of patients varies from day to day. "Overall

it doesn't seem to have made a whole lot of difference. However, some days, if the walk-in clinic wasn't there, they'd be very busy in emergency."

Ambulance

Previously, the board had been concerned by the county's plan to take over ambulance services. After a meeting with local ambulance paramedic Randy Barras, however, the strategic planning committee says "our concerns are not as serious as they were before."

The committee also supports the paramedics' desire to advance to Level 2 training and funding.

Ministry meeting

On Feb. 28, various members of the region's five-hospital Joint Executive Committee (JEC) met with a deputy minister of health. Some of the issues brought to the table were ongoing deficits, the doctor shortage and an impending nursing shortage.

New partner sought

The board was very disappointed in the track record of the Peterborough Regional Health Centre in providing administrative services in a timely fashion. HHHS pays Peterborough to provide such services as payroll and financial statements. Often the boards finds the wait for those services too long. "We're not being treated as a customer."

Dr. Scott Coles said doctors are also having trouble getting timely x-ray reports back.

Lindsay's Ross Memorial Hospital will be pursued as an alternate service provider and the board's disappointment in Peterborough will be raised at a JEC meeting.

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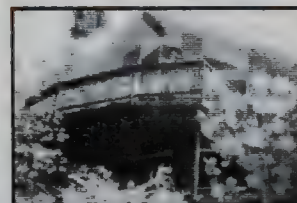
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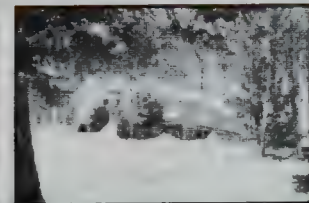
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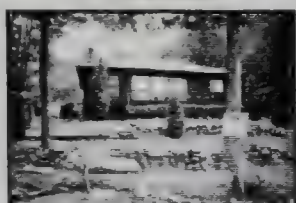
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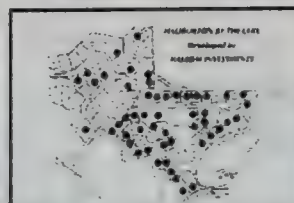
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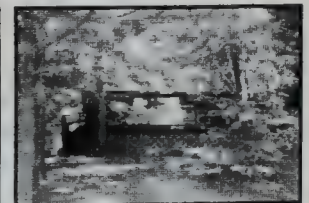
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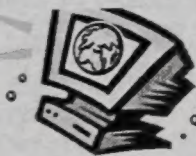
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TRAVEL TRAILER for sale. Like new, 1994 - 19' Mallard by Fleetwood. Sleeps 6, furnace, 3 burner stove with oven, awning, 4 pc. bath, \$8,900. ALSO, truck camper, sleeps 4, stove, fridge and sink, \$950. Call Pete Curry, (705) 457-3771. CA

404 SNOWMOBILES

1995 MXZ SKI-DOO 440 liquid, less than 5,000 km., like new. Asking \$4,500 o.b.o. Phone (705) 286-3163. CA

2 SNO-JETS, 1970 & 1972. Excellent cond., complete with Bombardier caboose. Asking \$500 for all 3 items. Phone (705) 286-3163. CA

502 CHILD CARE WANTED

DAYCARE for 16 month old baby boy. Preferably in my home in West Guilford. Will consider other options. Non-smoker. Experience and patience absolutely necessary. ASAP. Call (705) 754-4899, Lisa.

505 GENERAL HELP WANTED

EARN \$200., \$300., \$500. or more per week, assembling product in the comfort of your own home, send a self addressed stamped envelope to: O.P.H. 6-2400 Dundas St. West, Suite 541, Ref #1456, Mississauga, Ont. L5K 2R8.

EXPERIENCED HOUSE CLEANERS for new Chandler Point cottages - 3 hrs. each Sunday, 3 - 6 p.m., \$10 per hour, starting Sunday, March 19. Call (705) 457-5102, Sam Thompson. CA

VILLAGE DONUTS & CAFE

Has counter help and short-order cooking positions available. Must have a good attitude, be consistently pleasant to work with, hard working and be able to work flexible hours. No experience necessary, full training provided. Please drop resume off (can be typed or handwritten) between 8 a.m. and 2 p.m., Monday to Friday. No phone calls please. CA

508 CAREERS

EVER THOUGHT ABOUT A CAREER IN REAL ESTATE? Like to find out how to get started? Call Bowes & Cocks Ltd. at (705) 457-2220 for the answers. CA

WE ARE LOOKING for key people to expand our Financial Services business in this area. Experience not necessary. We will train. For an interview call (705) 754-5137.

701 COMING EVENTS

BABY SHOWER

in honour of
Natasha Gill
on Saturday,
March 18, 2000 at 2 p.m.
at Gooderham
Community Centre

HALIBURTON LEGION BINGO

EVERY WEDNESDAY

EARLY BIRD GAME

50/50 SPLIT

7:00 PM SHARP

REGULAR GAMES \$50.

7:15 PM

JACKPOT TOTAL \$400

NIGHT OWL

50/50 SPLIT

701 COMING EVENTS

BOAT SAFETY COURSES
No children under age 16 can drive a motorized boat without the new operators card
Course - March 18/00
9:00 a.m.
at Dysart Library, downstairs
Cost \$65 per person
Call to register, Ray Woodward,
(705) 457-9754 CA

BUS TRIP

to
McMichael Canadian
Art Collection
Kleinburg, Ont.
To tour
"THE ART OF DORIS MCCARTHY"
on
Wednesday, April 12, 2000
Cost: \$58 per person
Includes: bus fare, meal,
admission and guided tour
Please register and pay in full by Wednesday, March 15, 2000
At the Rails' End Gallery,
Haliburton (Old Railroad
Station - York St.)
Gallery will be open to register
on Monday, Tuesday
and Wednesday
March 6th to March 15th
From 11:00 a.m. to 3:00 p.m.
Or call (705) 457-2330
to book your spot
(No refunds will be given on
cancellations after March 15)
CA

Come for A TASTE OF SPRING

at
Wintergreen Maple Syrup and Pancake Barn
Open Saturday and Sunday
10 a.m. until 4 p.m.
March 11 until April 30
Come to eat or just enjoy a walk in the maple bush.
Taffy-on-snow parties
each weekend at 2 p.m.
Call to arrange if interested
in a Group Booking
(705) 286-3202,
call after 6 p.m.,
County Road 1 in Gelert
New: Craft Loft

HALIBURTON FOREST WOLF CENTRE

presents
A Special Presentation and Puppet Show for the whole family
Tuesday, March 14 and Thursday, March 16 at 1:00 p.m.
Call the Wolf Centre
(705) 754-9653
or the main office
(705) 754-2198
for details CA

HALIBURTON HIGHLANDS OUTDOORS ASSOCIATION

presents the 7th Annual
WILD GAME DINNER & DANCE
Saturday, March 25/00
Legion Branch 129
Haliburton
Doors open at 5:00 p.m.
Evening includes:
Cocktail hour, Silent Auction,
Dinner at 7:00 featuring a wide
variety of Wild Game, Domestic
meat also available,
Dance to follow at 9:00 p.m.
with live band "Homestretch"
For tickets, contact
Dan Johnson at
(705) 457-3539
Roy Boughner at
Haliburton Lumber,
or Bruce's Barber Shop CA

701 COMING EVENTS

HALIBURTON HIGHLANDS FIELD NATURALISTS
Thursday, March 16, 2000
"A Visit to the Volcanoes of Hawaii"
Video presentation by
Margery Cartwright
Haliburton Museum - 7:30
CA

HHSS Red Hawk Theatre Company

presents
GREASE
April 7, 8, 13, 14 & 15
7:00 p.m.
Sunday matinee,
April 9, 2 p.m.
at Northern Lights
Performing Arts Pavilion
Tickets now available at
Cranberry Cottage
\$5 students, \$8 adults
Reserved seating CA

Join the Monmouth Figure Skating Club

for our
"MILLENNIUM CELEBRATION"
Skating Carnival
Saturday, March 25
7:00 p.m.
at the Monmouth Arena
in Wilberforce
Guest Speaker
Jenna Bowcott
Adults \$4/Children \$3
Preschoolers free
Tickets can be purchased
at the door
For more information call
(705) 448-3236 CA

LINE DANCING

Monday mornings
9:45 to 11:45
St. George's Anglican Church, Haliburton
Thursday mornings
9:30 - 11:30
Stanhope Firefighters Community Hall
at North Shore Road
Beginners welcome
For further information call
Carolyn, (705) 754-4338 CA

SPRING BAZAAR

West Guilford
Community Centre
Sat., April 1, 2000
Doors open 9 a.m.
Tables \$5 each or
3 for \$12
Vendors welcome
Contact Myra, (705) 754-1457 CA

ST. PATRICK'S DAY

Stew & Biscuit Luncheon
Wednesday, March 15
Haliburton Legion Hall
11:30 a.m. - 1:30 p.m.
Adults \$5, 10 + under \$3.50
A Haliburton Hospital Auxiliary Fundraiser CA

The Haliburton County Development Corporation

presents
a free seminar for artists
"PROMOTING YOUR ART ON THE WEB"
Find out how simple it is to create an artist's web site and to forge the links that will promote your studio on the world wide web
Wednesday, March 22, 7:00-8:30p.m.
Sir Sandford Fleming College
Haliburton Campus
Limited Space - First Come, First Served
for more information call:
705-457-1064
or email
truchan@halhinet.on.ca

701 COMING EVENTS

STANHOPE SOCCER LEAGUE REGISTRATION
March 28/00
7:00 - 9:00 p.m.
AND
April 1/00, 2:00 - 4:00 p.m.
BOYS AND GIRLS
Ages 5 - 14
as of January 1/00
COST \$20.00
Stanhope Firefighters Hall
North Shore Rd., Camarvon
* Important *
Bring Your Health Card CA

704 ANNOUNCEMENTS

1-800-433-3284 for recorded messages about the Baha'i Faith, or call (705) 754-2493 for local information. Free literature available on request. CA

GET IN SHAPE FOR SUMMER!

March 20th, Register now!
Kickboxing
Step Aerobics
Toning - resistabands, weights, gym balls
Absolute beginner class
Our classrooms feature wood floors, mirrors, and a positive atmosphere!
(705) 457-1561
Haliburton Dance Arts Inc.

HALIBURTON HIGHLANDS HEALTH SERVICES FOUNDATION SPA DAY

May 7, 2000
Wigamog Inn
We require exhibitors with displays relating to women's wellness issues for our Spa Day. If you are interested, please contact HHHS Foundation office at (705) 457-1580, (705) 286-1580 or Fax: (705) 457-2398. CA

HALIBURTON MINOR SOFTBALL LEAGUE REGISTRATION

Registration date: Tuesday, March 28, 2000.
Cost: Registration fee is \$10 per child and includes a Haliburton Minor Softball League cap. After this date, registration fee is \$12.
Time: 6:30 p.m. to 8:00 p.m.
Where: J. D. Hodgson Elementary School Entrance Foyer
Who: Boys and Girls, ages 4 yrs. to 15 yrs. as of May 31, 2000 are welcome to play.
For more information please call Andy Salvatori at (705) 457-2100 or 457-3693 after 6:00 p.m. CA

MINDEN'S OPTICAL DEPOT

Highway 35, valu-mart Mall

Monday to Friday

11:00 a.m. to 5:00 p.m.

Eye examinations arranged

(705) 286-1135 CA

NOTICE

Change of address for:
Rick and Nada Vaughan
1680 - 145th St.
Surrey, B.C. V4A 5S3
(604) 542-3038
nvaughan@uniserve.com (home)
nvaughan@uniserve.com (church)

WEST GUILFORD RECREATION CENTRE

is available for:
Parties, Weddings,
Banquets, Anniversaries,
Showers, Stags
Bingo every Monday 7:15 p.m.
Euchre every Tuesday 7:00 p.m.
Full kitchen, bar and hall facilities available at reasonable rates. Call Cheryl Cooper (705) 754-3210. CA

707 BIRTHS

FLOOD: Brent, Melanie and big brother Owen are pleased to announce the arrival of
NOLAN JOSEPH
Born March 2, 2000
weighing 7 lb., 11 oz.
Proud grandparents are Robin and Bernie Wilson of Haliburton and Emile and Jane Duchene of Gravenhurst.

708 OBITUARIES

ETHEL KERNOHAN
Peacefully at the Haliburton Hospital, on Friday, March 10th, 2000
In her 85th year.

Beloved wife of the late Roy A. Kernohan, dear mother of Jean and Glen of Minden, dear sister of Olive Griffin of Little Britain, predeceased by Elma Sufferin, Wilma Sisson and Holly Ferguson, fondly remembered by her many nieces and nephews. Friends were invited to visit the family at the Gordon A. Monk Funeral Home, 127 Main Street, Minden from 2-4 and 7-9 p.m. on Sunday. Funeral Service in the chapel on Monday, March 13 at 2 p.m. Spring interment Minden Cemetery. Memorial donations to Minden Hospital Building Fund would be appreciated. CA

GARFIELD JAMES HOGAN

Garfield James Hogan, a life-time resident of Highland Grove, Ontario passed away at Peterborough, Ontario on Saturday, March 4, 2000 following a brief illness. He was 77. Born in Highland Grove, Garfield was a son of William and Jane Hogan (nee Coe). Garfield was the beloved husband of Doris Muriel Gould whom he married on May 20, 1947. He was the dear father of Murray and Rita Hogan of Peterborough, Roger and Judy Hogan of Peterborough, and Sharon Manary of Roseneath, grandfather of Connie, Shelley, Marsha, Bobby, Jordan and Elizabeth, and great grandfather of Dustin, Cassidy and Sarah. Garfield also leaves brothers and sisters, William Hogan of Highland Grove, Gerald Hogan of Wilberforce, Robert Hogan of Oshawa, and Gertrude Miller of Cobourg; predeceased by Theresa, Violet, Harry and Etta. Garfield was self-employed in construction and farming. He loved his farm and his cattle. Garfield always enjoyed making maple syrup, ice fishing, hunting, snowmobiling and curling. A funeral mass was conducted from Our Lady of Lourdes Catholic Church in Cardiff, Ontario, on Monday, March 6, 2000 at 11:00 a.m. with Father Ron Meyer officiating. Interment in Our Lady of Mercy Catholic Church Cemetery. Pallbearers were Bobby, Jordan and Robert Manary, Kasey Zeran, Wayne Chatterton and Rodney Hogan. CA

MINDEN CUSTOMERS

For your convenience you can drop off Classified ads at Golden Stationers

DRAFTING SERVICES

Planning a
Spring Project?



CARNARVON
Building Supplies



Hwy. 35 - Carnarvon 705-489-2212



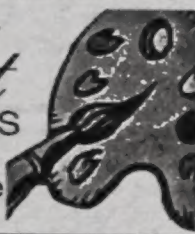
THE ECHO Classifieds

CENTRAL OFFICE SUPPLIES

• Stationery

Art
SUPPLIES

457-1676
2 Maple Ave
Haliburton



Phone: 705-457-1037 Fax: 705-457-3275 Deadline: Ads to appear in Tuesdays paper must be in before 5:00pm on Fridays prior to publication date.

708 OBITUARIES

HADLEY, MARY - At the Royal Victoria Hospital, Barrie, on Wednesday, March 8, 2000, in her 96th year. Beloved wife of the late Allan Hadley. Dear mother of the late Robert Hadley. Dear mother-in-law of Patricia Hadley. Deeply missed by her grandchildren David and his friend Laura, Murray and his wife Kelley, Sherry, Gerry and his wife Angela. Fondly remembered by her seven great grandchildren Michael, Matthew, Amanda, Allan, Lisa, Taylor and Connor. Survived by her sisters Marjorie King, Eva Dixon of Milton and sister-in-law Claribel Sheehan of St. Catharines. Predeceased by her two sisters Jean King (Border) and Grace Border. Friends were invited to call at the HALIBURTON COMMUNITY FUNERAL HOME, Hwy. #118, Haliburton, Ontario (705) 457-9209, on Friday evening, March 10, 2000 from 7-9 p.m. Then to the GLAMORGAN COMMUNITY CENTRE, Gooderham for Funeral Service on Saturday morning, March 11, 2000 at 11 o'clock. Interment Glamorgan Cemetery, Gooderham. As expressions of sympathy, donations to a charity of your choice would be appreciated by the family. CA

709 IN MEMORIAM

McCAUSLAND - In loving memory of R.I. (Bob) McCausland, who passed away on March 17, 1992. Eight years have passed Since that fateful day When they came to tell us You had gone away. Our hearts were heavy And very sad But in our minds We were really glad. For your pain had ceased Your body was at rest God has chosen you For you were the best. We miss you greatly But will meet some day When all God's children Come home to stay. Forever loved and sadly missed, The McCausland Family.

MACDONALD - In loving memory of John (Jack) MacDonald who passed away March 31, 1996. Lovingly remembered by wife Ethel and family.

712 CARDS OF THANKS

I WOULD LIKE TO THANK everyone who helped me through my recent illness; Dr. Heyes, Dr. Rowsom and 4th floor nurses of Peterborough Civic Hospital, Dr. Froud and nurses at Kingston General Hospital and VON nurses at home. To Marion Tallman, the volunteer drivers for the Cancer Society, Donna Wright, Sharon Morrisette and the Jacksons. Thanks to my neighbours, friends and relatives for prayer, cards, phone calls, visits and food. Thanks to my family for help and support through this time and to Bill and Donna for transportation to all my Peterborough appointments. **Agnes Pearsell.**

THE EXECUTIVE OF the Haliburton Figure Skating Club wish to thank the following individuals and businesses for making the Kawartha Highlands Interclub 2000 such a success: Toni Carr, George Crumb, Deb and Lauren Dart, Jeannie Davies, Lew Dummitt, Elsie Massey, Trevor Ottley and Ron Perrin, Bank of Montreal, CIBC, Churko Furniture, The Co-operators, Cranberry Cottage, County Auto Repair, Dawson Insurance, G.J. Burch Construction, Haliburton Home Hardware, Henwood's Variety, Highland Garden Produce, Village Donuts and Cafe, Hill Chiropractic and Physiotherapy, K Enterprises, Master's Bookstore, The Mutual Group, Northern Lights Embroidery, Outdoors Plus, Pizza Den, Shelley's Cafe, Dr. Ed Smolen, Timberhouse Supply, Under Cover Books, Video City, Curry Motors, Easton's valu-mart, Floyd Hall Ltd., Dr. Robert Hindman, Kosy Korner Restaurant, MDS Laboratories, Pharmx Rexall, Roberts-Austin Fuels, Sir Sam's Ski Area, Stedman's V & S Department Store, Varty Jewellery & Gifts, Whitfield Plumbing, Wende Baranoski, Boomer's Cafe, Bonnie View Inn, Country Pickins, Country Rose, Duke of Dysart Bar & Grill, Halco Electronics/Radio Shack, Old Country House Restaurant, PineStone Inn, Sir Sam's Ski Area, Rachel's Bakery, The Butcher Block & Deli. And last, but certainly not least, Lesley Lumley for bravely chairing this event! CA

712 CARDS OF THANKS

SPECIAL THANKS to The Monmouth First Response, ambulance attendants; Dr. Stephenson and nurses at Haliburton Hospital for the quick and attentive care given to me following my accident. Special thanks to Colin and Marilyn Turner of Harcourt Park Marina for their quick action/concern to obtain medical assistance for my injuries. I am on the road to recovery. Thanks to all those concerned. **Karen Chambers**

THE HALIBURTON FRIENDS OF FLEMING would like to thank the following people for making the Feast of Foods such a success. First of all, Jim Elstone and PineStone's Sara Anderson and Ron Morin: their expertise made for a seamless evening. Chefs Chris Carl of The Old Country House, David Snow of Wigamog Inn, Alex McCracken of Sir Sam's Inn, Ron Tenthory of The Chocolate Moose, and Wayne Ellis and Callum Wood of PineStone Resort: these gentlemen give true meaning to the "culinary arts". Also, all the volunteers who generously gave their time to work as servers in the dining room, and the local businesses, Highland Garden Produce and Northern Fresh Food. It was a memorable evening, and a great way to celebrate the new Haliburton campus. CA

804 SERVICES

BARRY ROBERTSON - Book-keeping and Tax Service, P.O. Box 322, Haliburton, Ontario K0M 1S0. (705) 457-2966. CA

RURAL ROOTS HOME IMPROVEMENTS



We're here to take care of all your renovation/cottage/home needs
25 years experience • all work guaranteed
FAST, PROFESSIONAL, RELIABLE SERVICE
Call us about early spring specials
on ceramic tile, painting and decorating
Call Gerry 457-9153

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B & B GENERAL CONTRACTING
• Decks
• Roofing
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• Additions
• Small structures, etc.
Call (705) 457-1662

BATHTUB REFINISHING
Starting at \$199.95
Bathtub and Ceramic Tile
\$329.95
5 Year Warranty
"Servicing Central Ontario"
Russell: (705) 286-4157 CA

DOES YOUR CHILD NEED SOME HELP with their school work?
Call
Dawn's Tutoring Service
Dawn Mole
(705) 489-2050

DOUG'S APPLIANCE SERVICE
(Former owners of Newbatt's Appliances)
Serving the Highlands for over 25 years
Fast, reliable appliance parts and service to most makes and models
Qualified Service Technician
County Road #1 across from Pringle Road
Call 705-457-3359
Fax: 705-457-3642 CA

804 SERVICES

EMMERSON RENT-ALL serving the Haliburton area for over 14 years. Authorized dealer for Husqvarna chainsaws. **Generators For Sale in stock now!** All types of small engine repairs. Over 250 items to rent. Helium and gas supplies. (705) 457-1550
e-mail: emmlbr@halhinet.on.ca
Website: www.emmersonlumber.com CA

HIGHLAND APPLIANCES Repairs to major appliances and refrigeration. Freon Recovery - Parts Counter All work guaranteed. (705) 457-1048 CA

JIM'S COTTAGE MAINTENANCE
• Lawn Care
• Painting and Staining
• Window Cleaning
• Spring Clean-up
• Chimney Cleaning
• Renovations and Roofing
• Chainsaw Work
Jim Cowling
(705) 754-4386 CA

909 PERSONALS

DISCOVER BIBLE SCHOOL Want answers to life's greatest questions? Absolutely free, 26 beautifully illustrated Discover Bible Guides, by mail, diploma upon completion. After 6 p.m., 705-457-3538. CA

975 PETS & ANIMALS

DOES YOUR DOG NEED A BATH OR A HAIR CUT? Call Hound Dog Grooming. All breeds/by appointment. Haliburton (705) 457-3335. CA

DOG GROOMING SERVICES available at Haliburton Veterinary Services, (705) 457-2087. CA

975 PETS & ANIMALS

HAPPY TAILS K-9 CUTTING & GROOMING
• All breeds welcome
• 15+ years experience
• Reasonable rates
• 8 minutes from town
West on #121, Kashaga Dr.
(705) 457-9689

LOVES PEOPLE: Lab/retriever/col-lie mix, male, house-trained, needs room to run and lots of attention. Free to the right family. Call (705) 754-4123.

PUPPIES needing good homes. Born Jan. 6th. German Shepherd-Black Lab mix. Some all black, some black with tan markings. Both parents excellent dogs. Prefer country homes off highways. Call (705) 344-7777, Guilford.

I NEED A HOME



4 1/2 month old female kitten, grey & white. Also her sister who is pure black.

\$25 Adoption Fee.
First shots included

This 'adopt-a-pet' ad space is sponsored by THE GREAT HALIBURTON FEED CO. HALIBURTON • 457-9775
If you are interested in adopting, please drop by.

*This Space
Could Be
Yours ... It
Pays to
Advertise!
457-1037*

Home & Cottage Services Directory 2000

The Summer Guide Haliburton County

Now accepting reservations.

YOU ARE GOING TO BE GETTING BUSY AND WE'LL BE CONTACTING AS MANY BUSINESSES AS POSSIBLE IN PERSON OR BY TELEPHONE IN THE NEXT FEW WEEKS, TO ENSURE YOUR BUSINESS IS PROMOTED IN HOME & COTTAGE SERVICES DIRECTORY AND THE 2000 SUMMER GUIDE, CALL NOW AND WE'LL HOLD YOUR SPACE!

BOOK NOW FOR
BOTH PUBLICATIONS AND
SAVE 20%
ON YOUR
DIRECTORY 2000 AD!

DEADLINE APRIL 13!

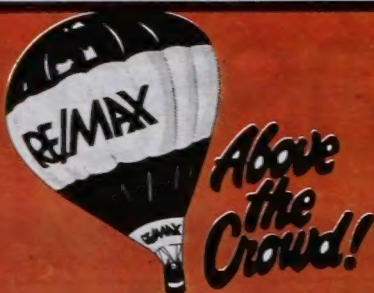
CALL LES FEERO OR SUE NICHOLSON

PHONE: 457-1037 FAX: 457-3275

EMAIL: ECHO@HALHINET.ON.CA

RE/MAX

Haliburton Highlands Realty Ltd.



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HALIBURTON

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MINDEN

View us on the internet at:
<http://www.igr.com/haliburton.asp>
HALIBURTON E MAIL: hilands@halinet.on.ca
MINDEN E MAIL: remaxminden@halinet.on.ca



SOLD

Pretty and peaceful. 225' on Drag River surrounded by mature pines, easy access, great swimming & canoeing, small cabin on property, relax with the sound of a distant waterfall. **\$26,000** Call Julie Gray



SOUTH LAKE

Fully winterized cottage with deeded access to a nice sandy beach. Year round access, oil furnace, drilled well in 97. Estate sale. **\$37,500**. Call Tom or Gail Tempest



Haliburton Mountain St

Freshly renovated 2 bedroom home, 840 sq ft, new siding & windows, new insulation & drywall, new kitchen & bath, new flooring, propane hot water heating new septic, well, beautiful view. **\$59,900**. Call Ted Vasey



HALLS LAKE

Renovated 2 bdrm home/cottage with deeded access to the lake. Features include pine accents, new kitchen cupboards, FAO furnace and a wraparound deck. **\$64,900**. Call Melanie Vigrass



Highway 35 South Of Camarvon

2 bedroom home, large commercial lot. Steel roof, drilled well. 5.85% mortgage-VTB second mortgage. NEW PRICE **\$69,000** RE1312 Call Bill Payne



Spectacular Big Hawk Get Away Stunning Algonquin setting, privacy, western exposure, charming cottage, 2 bedroom bunkie. Surrounded by crown land. It won't last long at **\$89,900**. Call Rick Lowes



COUNTY ROAD #1

Starter or retirement bungalow. Beautifully decorated 3 bdrm. spacious country kitchen, stone fireplace, insulated 24 x 30 garage. Outskirts of Haliburton. **\$97,500**. Call Bill Kulas



HALLS LAKE

Charming older cottage with 2 bedrooms, self-contained bunkie. In very good conditions. Gently sloping lot, sand and rock shoreline. Great for kids. **\$109,000**. Call Erwin Roithmeier



CENTURY HOME

\$110,000 3 bedroom Kinmount home in excellent condition. Many upgrades. Has extremely large garage and barn. Set on 1.3 acres. Shows very well. Call Erwin Roithmeier.



DON'T MISS THIS

Gull Lake. This Cottage home has w/o basement. Was listed at \$119,900 Needs some interior finishing to your taste. Beach area, 4 season access. Only **\$113,900** Call Norm Harrison



200 Feet Of Sand Beach

Drive to this Big Hawk Lake Cottage, over an acre of level nicely treed privacy, plus an immaculate cottage, excellent swimming, boating and fishing. **\$114,000**. Call Rick Lowes



COUNTY ROAD #1

Simply spectacular! Unique timber frame home. Open concept design, brick forge fireplace. Hardwood floors, 2 baths. IKEA kitchen cupboards. Steel roof. Very private 8 acre wooded lot. **\$114,500**. Call Bill Kulas



Eagle Lake Area County Road 14

Tastefully finished, 5.5 acres of privacy. Pine interior, oak floors, pine kitchen w/o to deck. w/o finished basement, fireplace, sauna. Landscaped, spring fed ponds. **\$115,000**. Call Ted Vasey



ENJOY THE RIDE

Charming cottage has a powered lift to the beach, west exposure, 4 season access, perimeter wall foundation, lovely Gull Lake, Minden. **\$119,900** Call Norm Harrison



HORSESHOE LAKE

\$119,900 Beautiful waterfront cottage, screened deck. South-western exposure. 130 ft frontage with excellent sand beach. Bunkie and workshop. Call Tom & Gail Tempest



PEACEFUL COUNTRY

Farmhouse, nine level acres beautiful sunsets, plenty of room to plant a garden. Tastefully decorated, many upgrades. Natural woodwork, solid hardwood floors throughout. Livingroom fireplace. **\$124,900**. Call Linda or Troy



VENDOR MOTIVATED

Stylish 3 bedroom large, level lot close to public beach and many amenities. Full walkout basement, large backyard with 20 x 20 storage barn, workshop, single carport, rec room, large porch/sunroom. **\$129,500**. Call Ken Barry



KENNISIS

Get started on a premier lake. 175 ft of privacy on Big Kennisis Lake. Level lot in a large bay, sand frontage. **\$139,000** VA1557 Call Cathy Lancia



IMMACULATE

3 bdr, private rural setting, Eat in kitchen, dining rm, 3 baths, mn floor laundry, pine accents, large winterized porch, heat pump, full basement, attached garage & huge detached insulated garage with 200 amp service. **\$142,000**. Call Julie Gray



EAGLE LAKE VILLAGE

1800 sq ft 3 bdrm, huge mstr, ensuite & jacuzzi, open concept living/dining/kitchen, airtight fp, cathedral ceilings. Massive bsmt, partly finished. Close to Sir Sam's ski resort, public sand beach **\$154,800**. Call Vince Duchene



Outstanding Family Cottage

Kashagawigamog Lake, 5 lake chain, gently sloping lot, sand beach, southern exposure, 5 mins from village of Haliburton. Boathouse at water's edge. **\$169,900**. Call Vince Duchene



EXECUTIVE STYLE

3 levels, designer kitchen, stone fireplace, vaulted ceiling, oak trimmed spiral staircase. Lots of glass overlooking 1.9 acres forest lot, 2 minutes from ski slopes. **\$199,000** Call Rosalind Bagg



MINDEN, COLONIAL DRIVE

\$249,000 Private location for a bed & breakfast. Great location for a resort on 31 acres with a stream winding through. Beautiful property. Call Bill Payne



UNIQUE

Large 5 bdrm/5 bath dual geodesic home on 5.3 acres overlooking Kahsagawigamog/Soyers Lakes. Main residence 3000 sq ft, office/rec room/granny suite 800 sq ft, wet bar, 3 pc bath. Detached 3 car garage. **\$279,000** Call Melanie Vigrass



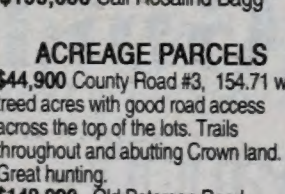
EXECUTIVE WATERFRONT

Level lot with sand frontage and wonderful view up Big Redstone Lake. **\$289,900**. Call Cathy Lancia



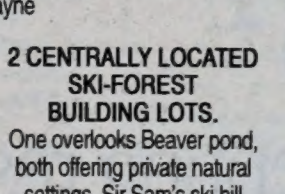
EAGLE LAKE

2 storey, post & beam, 4 bedroom, 2 bath South facing lot. Sand beach, great view. Separate garage with large bunkie. 19 x 21 **\$389,000**. Call Linda Beachli



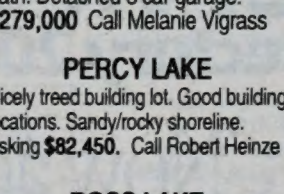
ACREAGE PARCELS

\$44,900 County Road #3, 154.71 well treed acres with good road access across the top of the lots. Trails throughout and abutting Crown land. Great hunting. **\$149,000**. Old Peterson Road. Approximately 1200 acres of vacant land with ponds, streams and an abundance of wildlife. Excellent moose and deer hunting. Access via a seasonal road. Call Ken Barry



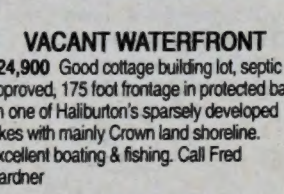
2 CENTRALLY LOCATED SKI-FOREST BUILDING LOTS.

One overlooks Beaver pond, both offering private natural settings. Sir Sam's ski hill moments away. Ski packages available. **\$10,000** each. Call Rosalind Bagg



PERCY LAKE

Nicely treed building lot. Good building locations. Sandy/rocky shoreline. Asking **\$82,450**. Call Robert Heinze



VACANT WATERFRONT

\$24,900 Good cottage building lot, septic approved, 175 foot frontage in protected bay on one of Haliburton's sparsely developed lakes with mainly Crown land shoreline. Excellent boating & fishing. Call Fred Gardner

VACANT LAND

\$12,000 Hawk Lake road 165 x 275' 1.04 acre level, treed, south facing building lot on year round county road. Driveway entrance in. School bus route, Halls Lake access nearby. Call Fred Gardner.

LET ONE OF OUR DEDICATED REALTORS HELP WITH YOUR REAL ESTATE NEEDS



Troy Austen* Linda Baumgartner* Rosalind Bagg* Linda Beachli*** Ken Barry** Vince Duchene* Fred Gardner* Julie Gray* Bill Kulas* Norm Harrison** Robert Heinze* Cathy Lancia* Rick Lowes* Erwin Roithmeier* Bill Payne** Tom & Gail Tempest* Ted Vasey* Melanie Vigrass*

* Sales Representative **Associate Broker ***Broker/Owner